

OWN THE HILLS

5 KEY WORKOUTS p46

RUNNER'S[®]

WORLD

SA'S BEST-SELLING RUNNING MAGAZINE

STOP THE CHAFE!

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Beginners

TRAIN YOUR BRAIN!

Proven Mental Tricks To Beat Fatigue

Run YOUR Life!

- ▶ **LOSE WEIGHT**
- ▶ **GET HEALTHY**
- ▶ **STRESS LESS**

(No Racing Required)

16-PAGE WOMEN'S SECTION

THE HEROINES WHO INSPIRE US

PLUS

Look Great!

NEW SHORTS & TOPS FOR EVERY RUN

10-MINUTE POWER MEALS

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TURNING CHILDREN INTO LIFELONG RUNNERS

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5 BOOKS EVERY RUNNER SHOULD READ

p28

AUGUST 2015
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WHY SHOULD YOU TRAIN ACCORDING TO YOUR HEART RATE?

To reach your fitness goals and maintain them, you need to train smarter, not harder and this can be achieved by understanding your heart. Your "maximum heart rate" is the maximum number of times your heart beats in one minute. To calculate an average reading of your max heart rate, take the number 220 for men or 226 for women and minus your age. For example $226 - 30 = 196$; a 30 year old woman's max heart rate is 196 beats per minute.

Once you have your max heart rate, you can calculate your unique heart rate zones. These will help you determine where you need to keep your heart rate while training in order to achieve your specific goal. The graph below shows you the different heart rate zones labelled 1 to 5.

If you don't have access to a table indicating your zones, you can calculate them by working out the different percentages using your max heart rate. This will give you a range in which you need to keep your heart rate in. For instance, zone 3 is 70% to 80% of your max heart rate, so $70\% = 137$ and $80\% = 157$. This means that in order to stay in zone 3, your heart rate needs to be between 137 and 157 beats per minute.

BEATS PER MINUTE AGE

		20	25	30	35	40	45	50	55	65	70
EXERCISE ZONES	100%	200	195	190	185	180	175	170	165	155	150
	5	VO2 MAX (MAXIMUM EFFORT)									
	90%	180	176	171	167	162	158	153	149	140	135
	4	ANAEROBIC (HARDCORE TRAINING)									
	80%	160	156	152	148	144	140	136	132	124	120
	3	AEROBIC (CARDIO TRAINING / ENDURANCE)									
	70%	140	137	133	130	126	123	119	116	109	105
	2	WEIGHT CONTROL (FITNESS / FAT BURN)									
	60%	120	117	114	111	108	105	102	99	93	90
	1	MODERATE ACTIVITY (MAINTENANCE / WARM UP)									
	50%	100	98	95	93	90	88	85	83	78	75



Once you understand zones, you need to understand what they mean to you so that you can train within them. This is important because each person is exercising for a different goal, some want to lose weight and others may want to increase their fitness level. You need to train in the correct zone in order to achieve your goals and keep motivated.

ZONE 1 (heart rate is between 50 to 60% of your max heart rate) is a beginner's level of aerobic training and consists of moderate activity or a warm up. You should be feeling relaxed, warming up at an easy pace and your breathing should be rhythmic. If your goal is to lose weight, you won't achieve it in zone 1. You need to be exercising more vigorously to increase your heart rate.

ZONE 2 (60-70%) is your weight control zone. You should be working out at a comfortable pace where you have slightly deeper breaths but can still have a conversation. If you are looking to lose weight, you should make sure your heart rate is in zone 2.

ZONE 3 (70-80%) is your aerobic zone for those whose goal it is to increase either their fitness or cardio ability. You should be working out at a moderate pace and it should be more difficult to hold conversation. This will increase your cardio ability and improve your aerobic capacity.

ZONE 4 (80-90%) is your anaerobic zone for hard core training. You will be working out at a fast pace and feel a little uncomfortable. Your breathing will begin to feel a bit forceful but you will develop improved anaerobic capacity, increased strength and improved speed.

ZONE 5 (90-100%) is your maximum effort zone. You should be sprinting as fast as you can but you won't be able to sustain your pace and effort for too long. Your breathing will be laboured but you will develop muscular endurance and increased power when reaching this zone in your workouts.

If you aren't wearing a GPS fitness watch that displays your heart rate while you train, you won't be able to measure how hard your heart is working and in which zone you are training in. The Forerunner 225 is the first Garmin GPS running watch that measures heart rate at the wrist. It also displays your heart rate zone and beats per minute in real time using a colourful gauge to represent the various zones. A quick glance at your watch is all it will take to know what zone you are training in. The interface will indicate either, grey, your warm-up zone; blue, easy zone for weight control; green for aerobic; orange is threshold (anaerobic); or red which represents your maximum effort zone.

From simple to use running watches that tell you how far, how fast and where you have run; to advanced training data that will motivate you to achieve your goals, whatever your level, there is a Garmin Forerunner for you. Visit **Garmin.co.za** to find a fitness watch that suits your needs.

WARM-UP

AUGUST
2015

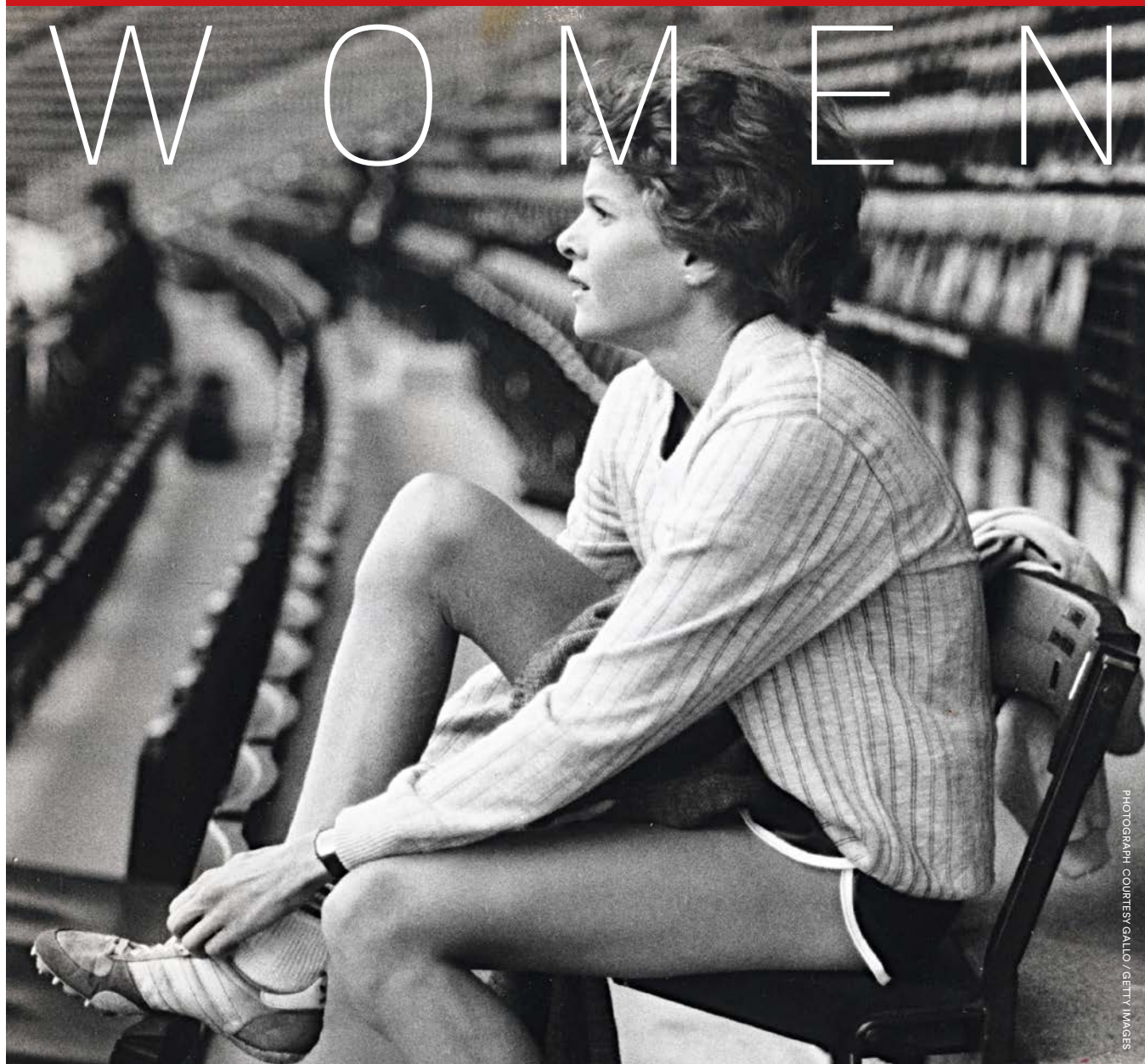
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58 THE HEROINES OF RUNNING

South African sport has a lot to thank women runners for. They have achieved great things, showed what can be achieved through hard work and dedication, mentored and encouraged others – and inspired us all.

COMPILED BY LISA NEVITT AND MIKE FINCH

66 FOREVER YOUNG

Want happy, healthy and successful children? Teach them to become lifelong runners, by ingraining good habits in the early years. Here's how.

BY LISA NEVITT

THERE'S **MORE SPEED** IN ALL OF US



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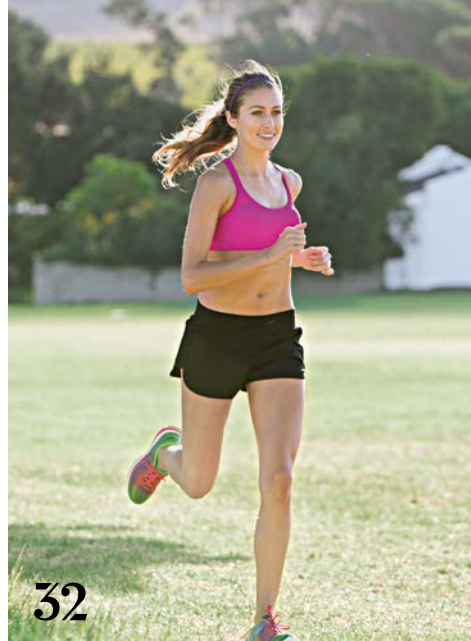
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GATEWAY, CANAL WALK & MENLYN SHOPPING CENTRE.

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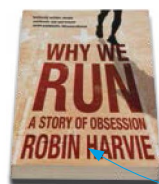
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THE MEANING OF LIFE
 BY BRUCE PINNOCK



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HERE COME THE GIRLS!

In celebration of South Africa's women runners, we've introduced a new *RW* women's section, dedicated to expert tips, gorgeous gear and inspiring stories – with ladies in mind. Visit: runnersworld.co.za/womens-running



ON THE COVER

AUGUST
 2015



Runner – Eden @ Base wears crop top and tights by Lorna Jane.

Hair & make-up by Charmaine de Kock

Photographed by Igor Polzenhagen



HOLD BACK IGNITE

USAIN BOLT RUNS IN PUMA IGNITE.


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THE INBOX

WINNING LETTER
POINTLESS TO PRICELESS

Getting on the wrong bus could cost you your race. Why do I say that? Because in trying to keep up with faster runners, either your need for approval or your fear of disappointment will get the better of you. Such personal issues will keep you running at a pace you can't sustain, for longer than you intended. But the truth is, you don't need to prove anything to anybody. By knowing yourself, your dreams, and your goals, your focus will transform from pleasing others to achieving greatness – that's what you deserve! - WAYNE HOLMES, GRAAFF-REINET

THE FORGOTTEN RACE

Where is the hype that surrounded the Comrades 30 years ago? The excitement about who would win? The media used to encourage people to take up running, but this year I saw nothing in the papers, or on TV, prior to race day. The average age of Comrades participants is getting higher, and the youth of today have little knowledge of the Comrades experience – and sadly, even of the joy of running itself. If the media don't inform us, who will? - COLIN WILLSON, PHALABORWA

AGAINST ALL ODDS

A good friend of mine, Rojean, has Brown-Séquard Syndrome (a spinal cord injury that affects movement and sensation), caused by trauma he suffered when he had an accident in a swimming pool 10 years ago. He's gone from the possibility he might never walk again, to finishing Comrades this year. And he would've ran an even better time, had he not chosen to stick with his friend's wife because her husband was worried about her.

- TANIA OOSTHUIZEN, NETHERLANDS

RUNNER'S WORLD reserves the right to edit readers' submissions. All readers' submissions become the sole property of *Runner's World* and may be published in any medium and for any use worldwide.



This month's winning letter will receive a **Wahoo Fitness Blue HR Heart Rate Strap**, valued at R900. The Wahoo Fitness Blue HR Heart Rate Strap connects wirelessly to your Bluetooth 4.0-enabled iOS device (no adapters needed!), and delivers accurate, real-time heart-rate data through the free Wahoo Fitness App. You now have heart-rate data, playlists, your phone, GPS maps and more – all on one device! **Write to: *Runner's World*, PO Box 16368, Vlaeberg, 8018; Fax: 021 408 3811; or email: rwletters@media24.com** (letters must be no longer than 100 words and must include your name, address and telephone number or email address).



THE LATEST

Gunhild Swanson, 70, of Washington in the US, became the oldest woman to finish the Western States Endurance Run (160km). When she crossed the finish line with just six seconds to spare before the cut-off, she bent down, shook her head, smiled widely, and simply said, "That was unbelievable." It was described as one of the most dramatic finishes in the 42 years of the race.

READER COMMENTS

f HEARD
ON THE RUN

What's the strangest thing you've heard while out running?

"I wonder if penguins have knees? Actually, I said it out loud... but after a stunned silence, people laughed... and then spent the rest of a tough marathon wondering about penguins. - **Rhonwyn Brayley**

"Love the hills, and they will love you back!"

- **Alice da Silva**



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RATE YOUR
RACEBOLAND
CORRECTIONAL
SERVICES HALF
MARATHON

"Well-organised race with a small field, and it was great value for money. Like many other races these days, there were no bins at water points, which wasn't great. Not a flat route, with some undulating hills and varied terrain." - **Inge Hansen**

FERNSKLOOF
TRAIL RUN

"What an excellent run! Fresh Karoo air filling your lungs, traversing rocky slopes, heading down into river-bed forest, with clear azure skies above! And a great finish-line welcome to boot. Will definitely become a regular. Thanks to Fernskloof for organising it." - **Donovan**

HEALTH MEDICAL
CENTRE WINTER WARMER

"I enjoyed the creative route on the 21-K, as well as the 2pm start time!" - **Derek**

SILVER OAKS
CROSSING RACE OF FAITH

"This was a really nice race, along a lovely, quiet route, that even included a little off-road/trail section on the 15km. It was very well organised, with good water points (giving away sweeties, which is always a nice bonus), friendly marshals – and even toilets on the route. It's a smaller race than many in Pretoria, but it's definitely worth checking out." - **Heather**



VISIT WWW.RUNNERSWORLD.CO.ZA/EVENTS AFTER YOUR RACE TO SHARE YOUR EXPERIENCE.

THE GALLERY

#INSTARWRUN

We asked runners to show off their race experiences. Here are four submissions that made us envious.



"Committed, or crazy? Holy moly, that was cold!" – [nicki_dadic](#)



"On the straight and narrow #run" – [quaniet](#)



"My little dude on the left, on the way to finishing his first 5km park run. He's just 5.5 years old #parkrun" – [Tanyakovarsky](#)



"#10k #fun #run on a chilly Sunday morning. Good result, considering it's the first race after two months. Getting back into it! #running" – [yolindidewet](#)

THE STAT

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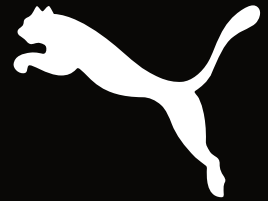
Percentage of runners who say if they could only race one distance for the rest of their lives, they'd pick the 10-K. (45% would choose the half marathon).

Based on 12 829 responses to an online poll

TWEET OF THE MONTH

"YOU THE BOSS! LIKE I SAID, BIG THINGS ARE COMING, SON. KEEP IT UP!"

**- @THEMIGHTYCASTER
CONGRATULATES SA'S NEW
400-METRE RECORD-HOLDER,
WAYDE VAN NIEKERK
(43.96 SECONDS)**



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WARM-UP

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EDITORIAL

Editor **MIKE FINCH** (mike.finch@media24.com)
Deputy Editor **LISA NEVITT** (lisa.nevitt@media24.com)
Online Editor **KIRSTEN CURTIS** (kirsten.curtis@media24.com)
Senior Designer **MARK ARENDSE** (mark.arendse@media24.com)
Chief Sub / Managing Editor **DAVE BUCHANAN**
Editorial Assistant **ANDRÉ VALENTINE**
Picture Editor **AMY MOSTERT**
Gear Editor **RYAN SCOTT** (madiabapi@gmail.com)
Scientific Editor **DR ROSS TUCKER**
Editor-at-Large **BRUCE FORDYCE**

CONTRIBUTORS

Nick Aldridge, Pieter Botha, Tudor Caradoc-Davies, Casey Crafford, Charmaine de Kock, Corlia Deminey, Alexis Fotiadis, James Garaghty, Jacques Marais, Lindsey Parry, Bruce Pinnock, Igor Polzenhagen, Luke Sadler, Mark Sampson, Ryan Sandes, Adrian Stein, Cherie Vale, Emily Abbate, Holly Andres, Liz Applegate, Blaine Bachelor, Kelly Bastone, Chris Fischer, Kit Fox, Jeff Galloway, Mackenzie Lobby Havey, Alex Hutchinson, Mathew Kadey, Kevin Lyons, Mitch Mandel, Craig Mitchell, Benjamin Oliver, Andy Rementer, Matt Rainey, Victor Sailer, Kirsten Ulve, Mariana Velasquez, Jay Wright, Danny Zapalac, Chelsea Zimmer

PUBLISHING & MARKETING

Publisher **MARIJKE CLOETE** 021 408 3511 (marijke.cloete@media24.com)
Publishing Manager **FRANCOIS MALAN** 021 408 1228 (francois.malan@media24.com)
Business Development Manager **YVETTE JONES** 083 561 7345 (yvette.jones@media24.com)
Marketing & Events Coordinator **RICHARD D'AGUIAR** 021 408 1242 (richard.daguaiar@media24.com)

PUBLISHING SALES TEAM

MYLES KELSEY (CPT) 021 443 9475 / 082 613 8498 (myles.kelsey@media24.com)
LAMEEZ RAIZENBERG (CPT) 021 408 3960 / 082 909 9696 (lameez.raizenberg@media24.com)
HANNES BURGER (CPT) 021 408 3078 / 076 152 4605 (hannes.burger@media24.com)
KATHRYN MOLYNEAUX (JHB) 011 217 3197 / 083 395 3442 (kathryn.molyneaux@media24.com)
KYLEE ROBERTSON (JHB) 011 322 0799 / 076 263 9114 (kylee.robertson@media24.com)

MEDIA24 CENTRAL SALES

YVONNE SHAFF (Head of Advertising Sales) 082 903 5641 (yvonne.shaff@media24.com)
YVONNE SHAFF (Cape Town) 021 439 4907 (yvonne.shaff@media24.com)
CRAIG NICHOLSON (Johannesburg) 011 322 0731 (craig.nicholson@media24.com)
THERESA LAVERY (Durban) 031 566 2442 (theresa.lavery@media24.com)

DIGITAL ADVERTISING SALES

(CPT) 021 468 8299 (JHB) 011 993 8050 (DBN) 021 468 8070 (EMAIL) INFO@SPACEMAIL.CO.ZA

CIRCULATION SALES & SOLUTIONS

Head of Circulation **GADILJA GAMIELDIEN**
Head of Retail **ANDRELINE VAN TONDER**
Circulation Manager **RIAAAN WEYERS** 021 443 9964
Product Manager **GEORGE VAN BILJON**
Subscription Manager **JENNY MARINUS** 021 443 9821

SUBSCRIPTION ENQUIRIES

TEL 0861 786 646 / 021 425 1100 FAX 021 406 4057 E-MAIL: runnersworld_subs@media24.com
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ALL SUBSCRIPTION PAYMENTS TO: RUNNER'S WORLD, PO BOX 16428, VLAEBERG, 8018

SHARED SERVICES

Production Manager (Health & Sport) **KERRY NASH**
Project Manager (Digital) **ROCHELLE DE BEER**
Advertorial Co-Ordinator **AMY MOSTERT**

MEDIA24 MAGAZINES

General Manager Lifestyle **CHARLENE BEUKES**
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General Manager Leisure **LOUISE MENY-GIBERT**

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CONTACT US

WEB WWW.RUNNERSWORLD.CO.ZA; EMAIL RWLETTERS@MEDIA24.COM;
TEL 021 408 3800, POST RUNNER'S WORLD (SA), PO BOX 16368, VLAEBERG 8018

RODALE INTERNATIONAL

SVP, International Business Development and Partnerships **ROBERT NOVICK** Executive Director, Business Development and Global Licensing **KEVIN LABONGE** Editorial Director **JOHN VILLE**

Director, Business Development and Global Licensing **ANGELA KIM**
Director, Global Marketing **TARA SWANSEN**
Deputy Editorial Director **VERONIKA RUFF TAYLOR**
Senior Content Manager **KARL ROZEMEYER**
International Finance Manager **MICHELE MAUSSER**
Production Assistant **DENISE WEAVER**
Editorial Assistant **NATANYA SPIES**
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ISIMANGALISO WORLD HERITAGE SITE, KZN NORTH COAST

PHOTOGRAPHS & WORDS

BY Jacques Marais

RUNNER

Lindy Duffield

GPS LOCATION

28°35'6.61"S 32°42'0.25"E

GRADING

Relatively flat. Take sand, tides and wildlife into consideration.

TERRAIN

Sandy beaches, rocky shores and dune forest tracks. Try to avoid excessive cambers on the beach, and dangerous game – hippos even wander down the main street of St Lucia.

BEST TIME TO RUN

Any time of year, because the ocean cools temperatures down – but do be mindful of thunderstorms. Turtles can be seen between November and March, and whales between June and November.

DURATION

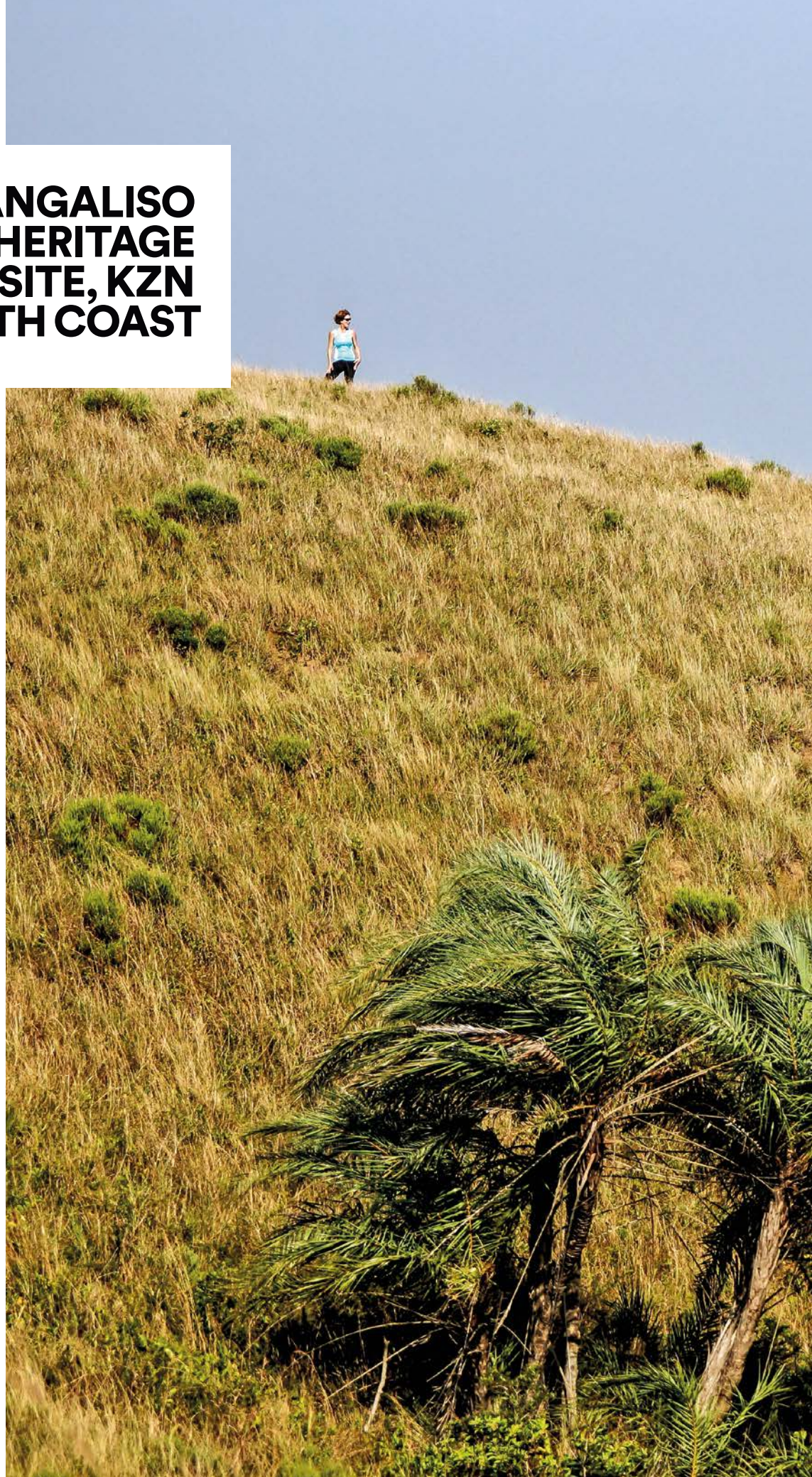
1-3 hours.

THE EXPERIENCE

The vast wetlands stretch 230 kilometres, from St Lucia Maphelane in the south to our border with Mozambique in the north, and comprise eight per cent of SA's total coastline. There are four wetlands of international importance, and eight ecosystems. No wonder it was declared our first heritage site in 1999, and bestowed with a Zulu moniker that means 'place of miracles and wonders'.

THE RUN

If you're keen on a quickie, with a relatively low dangerous-game quotient, head north from the top of town, into the game-park section. There are no elephant, rhino, lion or buffalo here, and a network of →





WARM-UP

RAVE RUN

ISIMANGALISO WORLD HERITAGE SITE, KZN NORTH COAST

trails cut through grassy dunes and coastal forest. Chances are you'll bump into kudu, waterbuck, bushbuck, zebra and wildebeest, and there's the option to return along St Lucia's beaches.

Feeling lucky – and brave? Tackle the one-way route along the shoreline, from St Lucia to Mission Rocks. From here, those in search of a longer run can carry on to Cape Vidal.

DISTANCES

St Lucia Main Beach to Mission Rocks: **12km**

Mission Rocks to Cape Vidal: **20km**

Cape Vidal to St Lucia Main Beach: **32km**

REFUEL AT

Braza Restaurant, upstairs in the Georgiou Centre on McKenzie Street, offers a fusion of flavours from Portugal, Brazil, Mozambique and Angola – and a wide selection of craft beers on tap (035 590 1242).

The St Lucia Ski Boat Club is the only restaurant overlooking the estuary – you're almost guaranteed to see a hippo (035 590 1376).

OTHER ACTIVITIES

Kayaking in the St Lucia estuary – 1200 hippo, monster crocodiles, and ragged-tooth sharks; horse riding; diving; snorkelling; a boat cruise; exploring the 'Ten Jewels': Cape Vidal, Kosi Bay, uMkhuze, Lake Sibaya, Sodwana Bay, Maphelane, the coastal forests, Charters Creek, Lake St Lucia estuary, eastern and western shores; an annual four-day MTB race (www.isimangaliso-mtb.co.za)

GETTING THERE

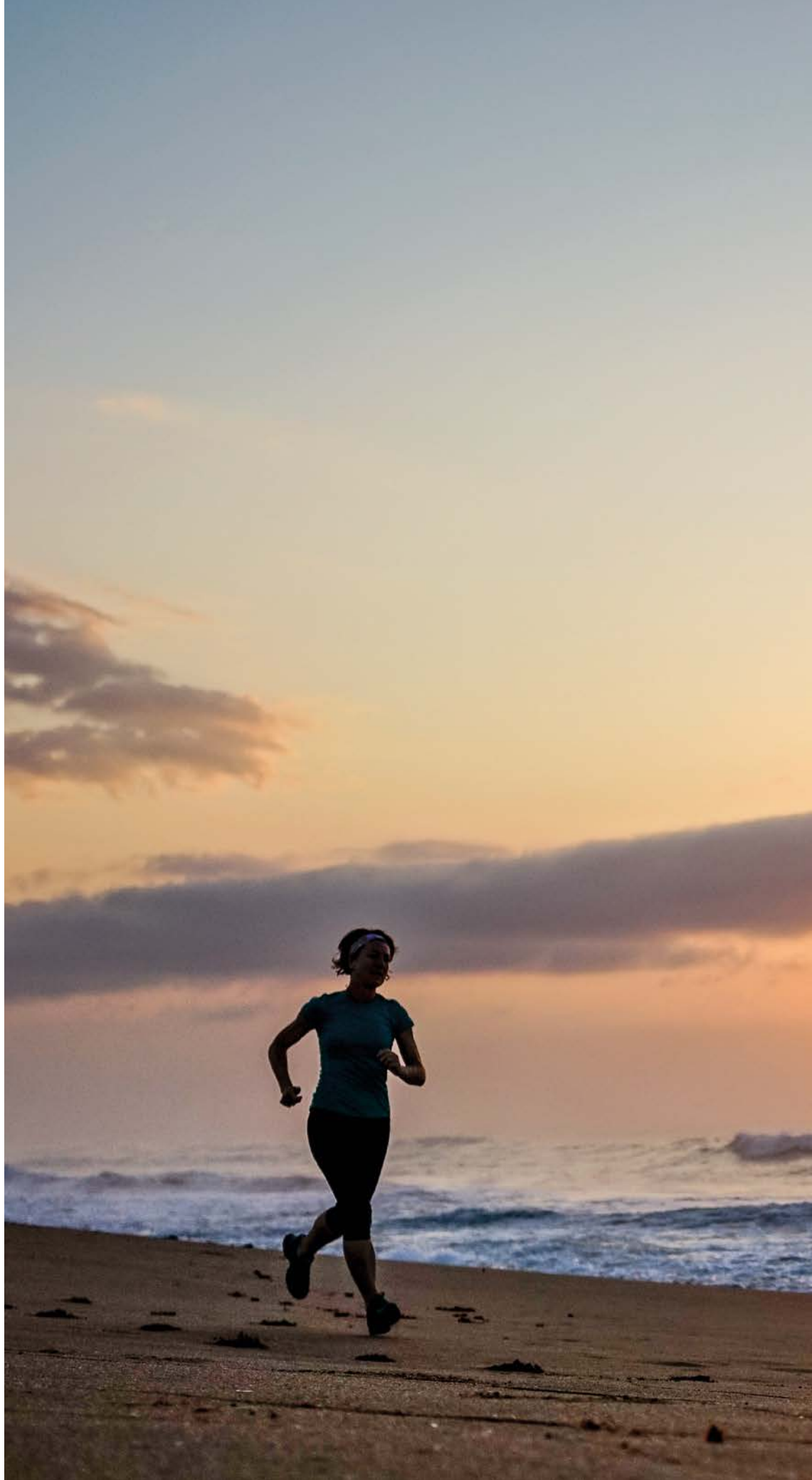
The drive from Durban to St Lucia is easy, and the laidback tourist *dorp* is your ideal base. Follow the N2 northwards. After about 215km turn east onto the R618 via Mtubatuba, for a further 30km.

INSIDER TIP

Choose your shoes wisely. And apply tick repellent. 



FOR MORE AWESOME
RUNNING PICS, VISIT WWW.MYRUNNERSWORLD.CO.ZA/
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THE HEROINES OF RUNNING

Heroes create more heroes – and this issue celebrates just some of them.

The greatest form of development is having heroes to follow. As much as sports administrators bang on about development, mass participation and creating opportunities (all of them important, mind you!), the single biggest driver of interest in a particular sport is the desire to emulate those at the top.

In this issue of *Runner's World* we feature seven inspirational women who have played vital roles in the lives of other top South African athletes and sports administrators. And we must admit, really, we've only just scratched the surface.

Take the words of Nolene Conrad, current SA 10km champion, writing about the role that Olympic silver medallist and former world half-marathon champion Elana Meyer has played in her career as an athlete: "When she agreed to take me under her wing, I couldn't believe my luck. It was one of the happiest days of my life."

Conrad pays tribute to the advice that Meyer's given her over the years, maintaining that she still consults with Meyer when it comes to big races. Meyer herself remembers – as a young 13-year-old – running alongside multiple SA track record-holder Sarina Cronje, and marvelling at her grace and stature. That image of Cronje at full pace, heading towards an SA 3 000m national record in the early 1980s, was what drove Meyer to pursue her own iconic running career.

And then there's the wonderful story of teacher Elizabeth Lepheyane, who during cross-country season in Soweto would do a round trip of almost 40km of walking, just to ensure that runners like future track and road champion Mapaseka Makhanya were properly looked after. "I owe everything to her," admits Makhanya.

Without giving too much away (turn to p58 for the full story), each and every one of our heroines of running was nominated for a different reason – from HIV activist Evelina Tshabalala, to evergreen Sonja Laxton, to the role model Blanche Moila has become over

three decades.

We all have mentors in our lives. Some are running mentors – others, just examples of good lives lived well. But they inspire us, because they prove what can be done.

My first editor's letter in this magazine, 15 years ago, was about the late Zithulele Sinqe. Sinqe, who passed away three years ago in a car crash, was one of the most elegant and majestic runners on the planet. From the press truck I had the privilege of watching him win the Two Oceans Marathon, and take on Nick Bester and Charl Mattheus in the Comrades Marathon.

His long, racehorse-like legs were magnificent – his style languid, but powerful

"...they inspire us, because they prove what can be done."

and easy, all at the same time. I would watch videos of him running, and – as he was a relatively tall man – I'd try to emulate that beautiful style in my own running. I'll never be as good a runner as Zet was, but his grace has always inspired me.

So in this issue, given that it's women's month, we celebrate the women of running in South Africa. But we also celebrate mentors and heroes of all kinds. If this country can deliver a second generation of Meyers, Tshabalalas and Moilas, we'll be well on our way to continuing our proud South African running traditions. 

MIKE FINCH
EDITOR-IN-CHIEF @MikeFinchSA



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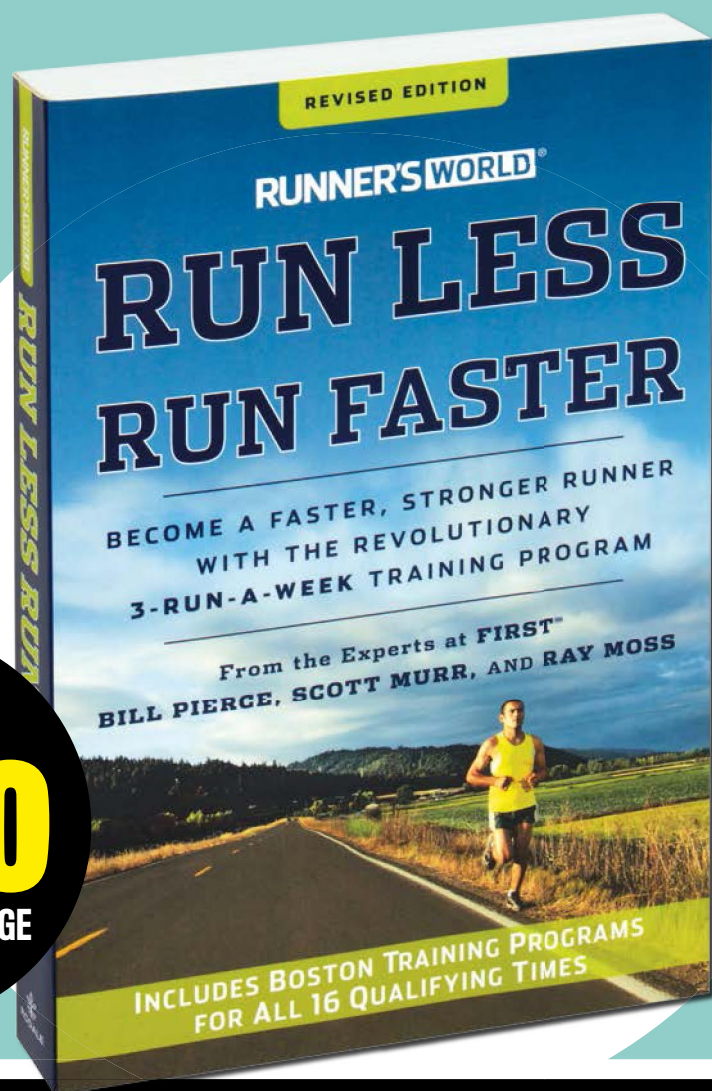
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"I'VE GAINED FRIENDS, AND LOST WEIGHT." A FUNDRAISER RAN IT OFF FOR A GOOD CAUSE. p22

HUMAN() RACE

NEWS, TRENDS, and REGULAR RUNNERS *doing* AMAZING THINGS

MEET THE BOSS

CAROL VOSLOO

AGE: 45

FROM: CAPE TOWN

JOB TITLE: OMTOM GM

Next-Level OCEANS

WITH YEARS OF EXPERIENCE IN SPORTS SPONSORSHIP AND MARKETING, OLD MUTUAL TWO OCEANS MARATHON GENERAL MANAGER CAROL VOSLOO IS HOPING TO TAKE SOUTH AFRICA'S BIGGEST RUNNING EVENT TO THE NEXT LEVEL.

WORDS: MIKE FINCH
PHOTOGRAPHS: NICK ALDRIDGE

From rugby to cricket and soccer, both local and international, Carol Vosloo has spent her life in the world of sports sponsorship and marketing. And, after almost a year at the helm of the Old Mutual Two Oceans Marathon, she's ready to use that experience to add some calm to a tumultuous few years in the race office.

Two years ago, former race director Rowyn James (now race director of the Comrades Marathon) left OMTOM after the board decided to restructure. This followed a year of upheaval in which controversial former board chairman Solly Moeng accused the body of being "too white-male-dominated". ➔



But after a record capacity field in both the ultra and half marathon events, both last year and in 2015, Vosloo has the task of finding out how to take the race to the next level, after being appointed in September last year.

"The number-one thing I hear is about growing the race numbers," Vosloo says. "I've been getting

runners."

Vosloo reveals that the organising committee have been looking closely at various options around growing the event, including adding an additional event over the Easter weekend, lottery options, and/or becoming involved in other events throughout the year.

"We filled up the 16 000 half-marathon entries, but could see that there were another 6 500 in the queue."

input from all sides, and it's important to realise that it's not just about numbers.

"We need to make sure that whatever we do, we maintain professionalism and focus, in terms of the runner experience."

Last year Two Oceans used computer servers in Norway to handle the huge influx of online entries, and for the first time, got to see just how long the list of potential entries was.

"We filled up the 16 000 half-marathon entries, but could see that there were another 6 500 in the queue. It's a nice problem to have, but also frustrating for

"We have already introduced The Beast Trail Run, and we have 12 people employed here at Two Oceans with a vast amount of expertise," Vosloo says.

Vosloo and her team have a major advantage over many other race organisers, in that the Two Oceans event organisation is a non-profit company.

"We give a certain percentage of our profits to charity, look at other investments around the business, and spend money on branding, building inventory, and ensuring that we have money for a rainy

day, too. Essentially we are here to be a service to runners, and that makes our mandate really clear."

BIGGEST SPONSORS

Having started off her career working on provincial cricket sponsorship in Port Elizabeth, Vosloo has worked with some of South Africa's biggest sponsors in cricket, rugby and soccer, including a stint in Dubai, where she worked on international business with companies such as SAB Miller.

"The difference with running is the passion that each runner has for the event. Everyone

is going for a personal best, and there is an amazing move towards people wanting to improve their lifestyles.

"On the night before this year's race I couldn't sleep, so I went to the start at UCT. It's amazing that even at 1am, there were people arriving and parking their cars. There is such amazing commitment."

When Vosloo saw the ad for the position on a recruitment site, she realised that the skills needed were exactly what she could bring to the table.

"I admit that I've never been a big runner, and I have a lot to learn about the running industry... which is complicated. But when it comes to sports, the same principles apply.

"Over the last year, the Two

Oceans has become more than just a running race. It's a big event."

50TH ANNIVERSARY

In the immediate future, Vosloo and her team are looking towards the 50th anniversary of the race in 2019, and together with the City of Cape Town, they intend turning the event into an international destination race.

"We are working with Wesgro (The Western Cape's Destination Marketing, Investment and Trade Promotion Agency) to help promote Cape Town and its surrounds. It's all about competing in the race, and then heading off to the winelands!"

Part of the agenda for the next few years is a focus on route entertainment, the role of charities in the race, and keeping up with technology.

"My husband ran the half this year," says Vosloo, a mother of two, "and he concurred that we need to look at entertainment and crowd support on the route."

There is also a focus on charities over the next few years, as well as looking at modern technology to enhance the runner experience.

Vosloo is also a big supporter of running clubs and the role they play in helping to grow support.

"We want to support the infrastructure of running in South Africa. It's our way of giving back. Last year they ran out of licence numbers for clubs around the country, because they underestimated the interest in people joining running clubs.

As for her own exercise regime, the running bug has bitten.

"I've done a few 10km races, and it's great to gain an insight into the minds of runners. But I've been told I can't run our own race. There's too much to do."



Vosloo has worked with some of SA's biggest sporting sponsors.

(HUMAN RACE)

The Singlet

BECAUSE RUNNING ISN'T JUST ABOUT STRING VESTS.



You Asked Me Trail star Ryan Sandes answers your off-road questions.

EITHER OR

Two Oceans Ultra or Comrades? Spur or Steers burger? Ice bath or hot tub? – CHARLES, Ballito

As I'm from Cape Town, I'd have to say Two Oceans. Some of my earliest memories are of watching my dad participate. He once told me he'd buy me a house if I ever ran it in under four hours; but when I started winning trail races, funnily enough, the offer no longer stood!

To this day I'd still choose Spur over most restaurants, because when I was growing up the ultimate treat was a Spur burger and a Chico the Clown ice cream. But there was a Steers on my university campus, so I've chowed down on my fair share of their burgers too.

I've heard mixed opinions about ice baths. I've read that a short burst of cold resets your nervous system, speeding up your body's recovery process. I'd rather have a one- to two-minute ice-cold shower, or completely submerge myself in an ice bath just long enough to start shivering, and then I'd get out. For me, after a long run, a hot bath is the best way to recover. Heat causes my muscles to relax, and gets the blood flowing; and I like to add Epsom salts, so that my legs absorb minerals that will help speed up recovery.



Ryan Sandes, a.k.a 'Hedgie', is a trail-running supremo, with race wins too numerous to mention.



PANTOMIME OR PB?

I feel like a jerk when I show up to a 'fun run' to race fast while other runners, some in costume, don't care about their times. Should I avoid these events? – HANNELIE, Cape St Francis

Do you enjoy running? Then, my friend, you are qualified to enter a fun run – or anything else involving running, for that matter. If other people elect to dress up as the ass-end of a horse, drag a deep-sea diver costume along the ground, or stumble awkwardly over the Little Mermaid's tail, then that's their business. Fun runs attract all types, from the fancy-dress crowd to fatties metamorphosing into fitties – and competitive runners like you.

THE RUN ACQUATIC

What's the proper response when a group of people take up the entire pavement as I'm running towards them? – JOE, Kloof

If you've ever scuba dived, you may have experienced that moment when you swim into a school of fish, and it instinctively envelops you. Running towards a crowd is similar. You can, of

"Apparently, swimmers can count how many lengths they've done, while simultaneously 'zoning out'."

"I usually spot an elderly gentleman running ahead of me, and I think to myself, 'I can't let him beat me!' Then, I overtake him and start looking for fresh old people to annihilate."

– Tanya Coetzee reveals what she thinks about on the run.

course, go around them. Or run straight at them, shouting "Coming through!" in your best Attenborough nature-doccie voice, and marvel as the leaders on either side adjust their stride to pass you by, closely followed by the rest of the pack.

[RW will not be held responsible for any mid-pavement collisions caused by using this approach on uncooperative fish-humans. – Ed.]

MIND YOUR OWN BUSINESS

What should I be thinking about when I run? – ROBERT, Cornelia

One of the reasons I've never liked swimming as a sport is because of what people claim

to do while they swim. 'Maths' is one example. Apparently, swimmers can count how many lengths they've done, while simultaneously 'zoning out'. Oh, please. Swimming up and down, your only scenery being the black line on the bottom of the pool, surely doesn't allow you to 'zone out' – let alone master complex algebra.

Luckily, runners are spoiled for choice. You can perv to your heart's content at the Angelina Jolie lookalike on the fourth treadmill to your left; or think about nature, and how good it feels to be running. Or, try to figure out the solution to problem X, at work. Lastly, you could consider your running itself – your foot strike, your breathing, the placement of your feet, how you use your arms. Personally, I prefer to 'zone out' without doing any maths.



RUN IT OFF CLUB

A GOOD CLAUSE

A fundraiser gained friends – and lost weight.



LIEZL CLAUSE

Age: 41

Home Town: St Francis Bay

Height: 1.69m

Occupation:
Operations
Manager, St
Francis Links Golf
Estate

Time Required:
3.5 months

Then: 86kg

Now: 70kg

THE WAKE-UP

I'd gained weight simply by being happily married and enjoying the good life. I played golf, but that hardly constituted fat-fighting!

But in 2012, a fire broke out in St Francis Bay that either destroyed or damaged 76 homes – and I was devastated. As a member of Friends of St Francis Fire and Rescue, I pledged to find sponsorship of R100 for every kilogram of weight I lost, the proceeds of which would go towards helping the volunteer firefighters.

THE SHAKE-UP

Ignoring my cravings for potato chips, I cut out all the white stuff – including white wine, another of my favourites – but I knew it would take something more to raise the funds. So I Googled 'How to start running'.

I soon discovered running wasn't as simple as throwing on a pair of tackies – the advice seemed endless, and of course I'd have to look the part. Luckily I found a simple app, with a lady's voice that told me how far I needed to run. The day I accomplished three full minutes

of continuous running, I felt like Rocky Balboa, arms in the air. And then I managed to conquer the 'big hill' close to my house without stopping. My husband Jeff was in the driveway getting ready for work, and he seemed to understand my small victory.

THE REWARD

I discovered parts of my body I never knew I had – there are actual muscles under my belly! And since I started participating in the St Francis parkrun every weekend, I can finally call myself a runner. While I confess to running for white wine and potato chips, I've also completed three half marathons, without compromising fun or friends. In fact I've gained friends, and lost weight. – As told to Lisa Nevitt 



BY THE NUMBERS

SPAR WOMEN'S 10-K

The Spar Women's 10-K Grand Prix Series – dubbed the 'most beautiful race in the country', because of its 'women-only' option – is a league-style event in which elite and amateur women runners compete. The series takes place in Durban, Johannesburg, Cape Town, Port Elizabeth and Pretoria. Each finisher is allocated points, depending on their race position in each leg, and the runner with the most points, across all events, takes home the main prize. The top runners travel the country, competing in a number of these races, for their shot at winning the main prize. But locals also take part, across all the age groups. These 2014 stats from the **Durban** event, the biggest of them all, illustrates the sheer size and diversity of the series. – **ANDRÉ VALENTINE**

14 676

TOTAL NUMBER OF PARTICIPANTS TO FINISH THE 10-K RUN.



1

Number of participants who were in fact too young to compete.

2 627

Female participants who were senior citizens.

1:14.48

THE UNDERAGE COMPETITOR'S FINISHING TIME - WHICH WAS FASTER THAN THE AVERAGE (1:38.12).

9.43

Amount of time the leading woman finished in front of the leading man.

ONE

NUMBER OF PARTICIPANTS WHO WERE MALE SENIOR CITIZENS.

32.49

Record 10-K time, run by Mapaseka Makhanya in 2013.

397

NUMBER OF MEN WHO PARTICIPATED.



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To keep her son
smiling, Trish
masked her own
suffering.

COMRADES: MOM AND ME

There's no stopping when your biggest cheerleader is your mother – and she's running right next to you.

My mom had travelled from the Eastern Cape to visit me in Cape Town for the weekend. The Comrades was on TV, and soon we were captivated by the fighting spirit and camaraderie of the brave participants.

We decided that we would run the race the following year. We had been inspired beyond words – and perhaps beyond reason, because at that stage finishing the Comrades was way beyond our physical limits!

I'd never run a marathon before, and my mom wasn't exactly in the best shape, having had an eight-year break from running after the removal of her thyroid gland. She'd run the Comrades once in 2006, before she fell ill.

OFF THE COUCH

I live in Cape Town, bursting at the

seams with supportive running groups, and races to help measure your progress. My mom, on the other hand, lives 800 kilometres away, somewhere between the middle of nowhere, and somewhere close to nowhere. All the encouragement she needed for those long, hard slogs came from the only two other runners who lived there. And how many races do you think there are in the middle of somewhere? One.

We also ran our marathon qualifiers separately, each managing a respectable D-seeding. But in pushing myself hard to break four hours, I'd managed to pull my calf muscle.

Fortunately I recovered, and managed to up my mileage. I also managed to convince my mom to come and visit me again in Cape Town. Unbeknown to her I'd entered her into the Two Oceans Ultra. Not only was I panicking about my first ultra marathon (ever!), it was also the

"I don't know what I feared most – the alarming effect low blood sugar had had on my mom's personality, or Inchanga..."

first time my mom and I would run this distance together.

But we finished full of smiles, and we felt confident in our hard work. The thousand hills, we joked, were in danger of being trampled upon!

ACHES AND PAINS

At the start of Comrades, we were ready to accomplish a goal that had been a year in the making. I thought about the aches and pains, the sleep I'd given up in favour of cold, hard tar.

In the moments before the cock crowed, *Chariots of Fire* was played, and I broke down and wept. I couldn't allow my mom to see her grown son whimpering like a baby, so I stepped in front of her and quickly dried my eyes. It was dark, which helped.

It was also hot! And the hills were trample-resistant. At 30km I felt spent, and by 60km my mom saw tears.

Her eyes narrowed and she fixed me with a steely glare.

"I brought you into this world, and I can just as easily take you out of it," she said.

I don't know what I feared most – the alarming effect low blood sugar had had on my mom's personality, or Inchanga. Nevertheless, I admired her ability to find humour in my struggle. She pulled me – quite literally – up Inchanga, by my arm.

Plagued by next-level nausea, I couldn't bear to look at the potatoes. Little did I know my battleaxe mom was also suffering – secretly popping anti-inflammatories. She never once complained, only motivated me with her 'kind' words.

"Don't have a heart attack, son. You'll never live it down if your dear old mom finishes without you," she reasoned during the last 15km.

Finally, we rounded the last corner and entered the stadium to loud cheers and happy music. We forgot about our pain, locked hands, and it felt like we sprinted.

There are no words to describe the emotions I felt running the Comrades, except to say that without sharing it with the amazing woman I'm lucky enough to call my mom, I might not have finished at all. 



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FIVE BOOKS EVERY RUNNER SHOULD READ

By Luke Sadler



Writing about her ultra-marathon racing and training, American trail star Rachel Toor points out: "This is not the kind of running you do for your health." That said, it is indubitably valuable for any athlete to read about such runners; they serve as inspiration, and as lab rats who generate valuable advice: drink before you think you need to, don't push through an injury – and for the love of all that's holy, don't go out too fast!

The same could be said of reading. There are probably a hundred books every runner *could* read, but... don't go out too fast. You might just injure yourself. *These five books are a good place to start.*



1/ PERSONAL RECORD – A LOVE AFFAIR WITH RUNNING
RACHEL TOOR
(University of Nebraska Press)

A treasure trove for runners of all sorts. Author Rachel Toor – ultra-marathoner, pacer, coach and journalist – can wax lyrical about the sport. “Rarely are there 10 toenails,” is how she introduces her body, going on to say that an ex-boyfriend compared her to a *Tyrannosaurus rex* (typical lack of upper-body musculature...). It’s an utter delight to join her on her travels – all the while chuckling at how alike we are, despite our differences.

2/ THE GREAT RUN
BRAAM MALHERBE
(Sunbird Publishers)

I don’t usually have much time for modern-day adventurers –

probably something to do with having a chip on my shoulder the size of Antarctica. But Braam Malherbe achieved a remarkable feat, a first for a South African distance runner: he didn’t annoy me. Oh, and he and his running partner ran 4 218km along the Great Wall of China. And it happened to be for a worthy cause. This is one runner-turned-writer who proves that you don’t need speed, or fame, to do something great.

3/ WHAT I TALK ABOUT WHEN I TALK ABOUT RUNNING
HARUKI MURAKAMI
(Vintage)

The ‘running novelist’ isn’t such an oddity today as it used to be, but Murakami’s gentle wanderings through the philosophical side of running hold a unique place in my heart. His best statement: “Human beings naturally

continue doing things they like, and they don’t continue what they don’t like.” Murakami’s Golden Ticket is that running must be fun. Use it as a punishment – “I ate chocolate, therefore I have to run an extra 10 kays tomorrow” (you know who you are) – and it’ll turn against you.

4/ TUMBLE TURN
NATALIE DU TOIT
(Tracey Hawthorne)

Just because these are books for runners, it doesn’t mean they have to involve running. I couldn’t bear to exclude swimmer Natalie du Toit’s authorised biography. I could intellectualise this decision endlessly – runners get injured, we’re in South Africa, Oscar Pistorius (crudely put, the Natalie du Toit of running) is a criminal – but logic aside, she’s just inspirational. It’s not as literary and graceful

as Murakami’s memoir, perhaps, but it’s hard to feel sorry for yourself about one bad race or one extra kilogram after reading her story. “It isn’t a calamity to die with dreams unfulfilled, but it is a calamity not to dream.” That dream need not be a spot on the Olympic team; but make it as important as if it were.

5/ WHY WE RUN – A STORY OF OBSESSION
ROBIN HARVIE
(John Murray Publishers)

I can see the appeal of books like this one – and also the peril. I’m going out on a limb and suggesting you read it; hopefully, the insanity depicted will serve as its own ‘don’t try this at home’ warning. I find it enjoyable in the same way that I find the *Guinness Book of World Records* enjoyable – morbid fascination.

It’s really rather fun to read about a ‘reformed’ alcoholic who runs three or four marathons a week (totalling 700 marathons and 165 ultras), and ponder whether running can or cannot be described as an addiction. Um... duh?!

Likewise Mike Stroud, who “ran seven marathons on seven continents with [explorer] Sir Ranulph Fiennes”, and who entreated his readers to “make a friend of pain”: good coach, or borderline psychopath? This is both the fascination and the danger of this book: it’s packed with valuable lessons, and the wisdom and history of this solitary sport, but there’s definitely a sector of the running population (a sector that once included me) that would use this information to abuse their bodies rather than train them. 

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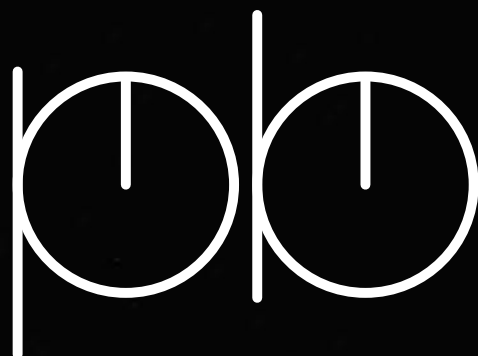
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PERSONAL BEST

GET FIT, EAT SMART, RUN STRONG

BodyGlide – the iconic runner's lubricant – came on the market in 1996, and got retro packaging in 2014.



SMEAR TACTICS

Got lube? For many runners, it's a don't-leave-home-without-it necessity. Chafing is a common recreational hazard that occurs when skin rubs against skin or ill-fitting clothing, and becomes raw and irritated. Sweaty runs, which leave coarse, rough granules of salt on your skin, make you even more susceptible to this painful condition. Smart runners (or maybe just those who've suffered the sting of a post-run shower) apply a protective barrier like BodyGlide (left) to any chafe-prone areas to prevent friction. Indeed, according to a *Runner's World* poll, 49 per cent of runners always protect themselves prior to hard efforts like long runs and races. *For more skin savers, see page 45.*



TRAINING

THIS IS NOT A RACE

Even if you never want to compete, identify your running goals to get fitter and feel happier.

By Kelly Bastone

HAVING A RACE on the horizon motivates many runners, but the prospect of competition is hardly the only reason people run. Your objective might be to lose weight, meet friends, claim some 'me time', or invest in healthy habits that ward off chronic disease. Some just simply love to run, and dislike the pressure of competition. "Just because you're not running in a race doesn't mean you can't have a goal," says coach Jenny Hadfield, author of *Running for Mortals*. Identifying your aims makes you more likely to get out to run. It also shapes your strategy: running to lose weight, for example, requires a different approach from running to combat stress. Here's how to tailor your workouts, whatever your (non-racing) goal.

YOUR GOAL: OVERALL HEALTH

Running makes you a better runner. But if all-round health and fitness is your priority, cross-training is key, because it develops full-body balance, lessens your likelihood of injury, and alleviates boredom. Jeffrey Horowitz, running coach and author of

Quick Strength for Runners, advocates running three days per week (for a maximum of 55km). "That delivers peak benefit without increasing your injury risk," he says. Two to three other weekly workouts should develop aerobic fitness (Horowitz favours cycling), core strength, and balance (Pilates achieves both). Choose activities you

Make your long runs feel shorter by tackling them with friends.



Overwhelmed?
Take to the trails:
research has found
that being in green
spaces may reduce
stress.

truly enjoy, so that you'll keep doing them over a lifetime.

YOUR GOAL: WEIGHT LOSS

Each week, include one session of high-intensity interval training and one long, easy run. "That longer aerobic effort teaches your body to use fat for energy," says Hadfield. Speed isn't important; instead, maintain a conversational pace that you can sustain for 45 to 90 minutes. Hadfield's 'fat-blaster workout' follows a six-minute walking/jogging warm-up with eight to 10 one-minute max-effort sprints and 90-second walking recoveries. It takes just 25 or 30 minutes, but revs up your metabolism to burn more kilojoules throughout the day. "It's all about the afterburn," Hadfield says. "Plus, these shorter bouts don't seem to trigger runners' hunger mechanisms like longer distances do." Strength-training also promotes that afterburn, as well as a trimmer, fitter

appearance, so Hadfield recommends substituting squats or lunges with dumbbells for the fat-blaster sprints every two or three weeks. Remember that you also have to watch what you eat: you still need to prioritise fruits and vegetables, and cut back on sugary and processed treats.

YOUR GOAL: STRESS RELIEF

When stress overwhelms you, running can provide an antidote – but only if it's not a hammerfest. Studies show that, just like other high-stress situations, intense workouts produce cortisol, the 'stress hormone' that can result in blood-sugar imbalances and a weakened immune system. "If you're not in a place of wellness, running hard only feeds the cycle and continues to drag you down," says Hadfield. If stress is interfering with your sleep, triggering unusual food cravings, or making you tired and irritable, ease back on the throttle while

running. "Adopt an easy pace that lets you lose yourself in running," says Horowitz. Try logging easy doubles, one in the morning and one several hours later, rather than long, punishing workouts. "Splitting up the keys into two short, 20- to 30-minute runs not only fits better into busy schedules, but also gives you that mental refreshment more frequently," says running coach Brandan Cournane. To reap the most benefits, run outside rather than on a treadmill: a 2010 study found that just five minutes of light outdoor exercise improved subjects' moods.

YOUR GOAL: SOCIALISING

Joining a group run is a surefire way to expand your circle of friends, while also improving performance. But sprinting away from the pack defeats the purpose, so plan on logging an easy, conversational run. Once you've established running buddies, it's easier to skip the chit-chat. "Camaraderie can really fuel a hard workout when runners push one another to perform," says Cournane. Even when talk is sparse, running with a group can provide encouragement and motivation to tackle tough runs that you wouldn't have completed on your own. If big groups seem too intimidating, recruit a would-be runner and join them on their initial runs. Making yourself a role model for others is incredibly motivating. 



You Asked Me RW scientific editor Dr Ross Tucker's advice

POP, OR STOP?

Are there risks to using
anti-inflammatories
while running? – BRUCE,
Bloemfontein

Anti-inflammatories affect kidney and gastro-intestinal function, and during running, the kidneys are especially vulnerable. There have been incidents of acute renal failure during marathons and ultras – including Comrades, where one in around 4 000 people have suffered from renal failure and have had to be hospitalised. Every single one of them had taken painkillers or anti-inflammatories during their race.

It's very tempting to pop one anti-inflammatory an hour and dull your pain, but although the risk is low, it shouldn't be dismissed. That's typical of how we think – we tend to underestimate the risk, and overestimate the possible reward.

The other problem with anti-inflammatories (or other types of painkillers) is that they mask pain, which is an important symptom that serves to protect us. It's like silencing the canary that would otherwise warn you of impending disaster. The early stages of an injury are often felt as a niggles, a small ache – and you can switch that off. But if you do that, you'll keep going, unaware, until that small ache becomes a massive failure, and you're out for three months, rather than one week.

Bottom line: avoid anti-inflammatories. The chances that it may be you who ends up a medical stat may be small, but the consequences are large.

Dr Ross Tucker has a BSc (Med) (Hons) Exercise Science Degree and PhD from the Sports Science Institute. Visit him at www.sportsscientists.com.

PRESS PAUSE
Sports
psychologist
Dr Chris Carr
explains what
die-hard racers
can gain from a
break.



PERSPECTIVE

The halo effect from a great race can cloud your training goals, while a big disappointment could have a toxic effect.



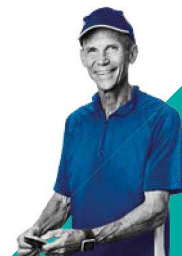
BALANCE

Time off from competition lets other obligations, such as family or jobs, take priority for a while.



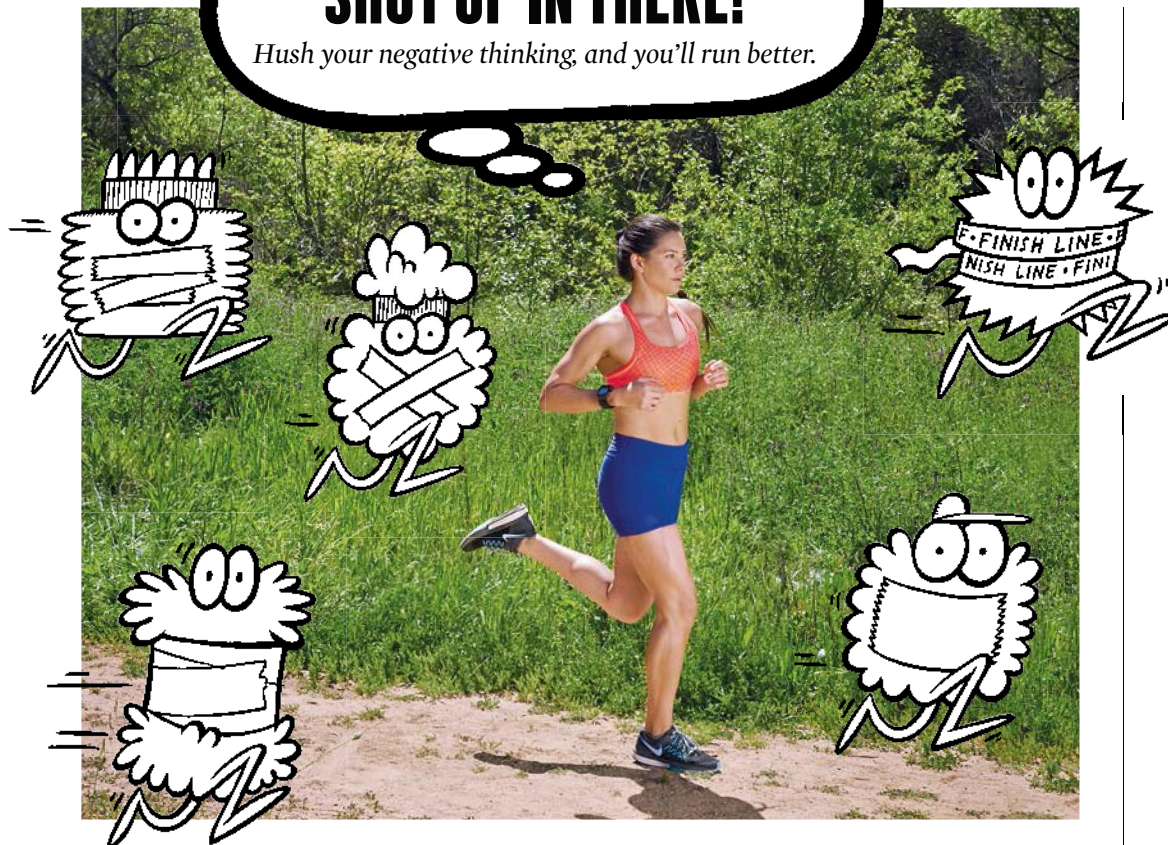
ENERGY

Breaks may help runners return to racing with a deeper sense of motivation and satisfaction, primed to pursue optimal performance.



SHUT UP IN THERE!

Hush your negative thinking, and you'll run better.



You Asked Me Jeff answers your questions.

How should I deal with external critics, like a friend saying "Running will ruin your knees!"?

For the most part, smile and ignore them – if running makes you feel happy and fit, that's all that matters. (Besides, many studies show that runners have healthier joints than non-runners.)

I have negative running thoughts before I even start. How can I beat that?

If you're dreading heading out, break the process into a series of small, doable steps. First, focus on gathering your clothes and gear. Then, put it on. Get outside, then start walking, and then running. Once you get going, you'll probably be glad you're out there.

Say What? Running Jargon, Translated

MANTRA

This term typically refers to a repeated word or phrase used in meditation, but runners can benefit from using mantras mid-workout. A few good ones are 'Relax', 'I feel strong', and 'Run the kilometre you're in'.



The difference between a good run and one that's sub-par begins in your brain. If you believe a workout will be tough or if you focus on feelings of boredom or fatigue, your body will follow your mind, making it more difficult to have an enjoyable outing. The good news is that this mechanism works in reverse, too. If you can catch yourself in the act of negative thinking, it's possible to turn your mind – and your run – around. Here's how to respond to common downers:

"I CAN'T BELIEVE HOW MUCH LONGER I HAVE TO RUN." Focus on only the next walk break or the next run segment, or on reaching the runner ahead of you, the next tree, or the next street sign. Think only about one small portion of the run you know you can complete, and once you've done that, shift your attention to the next. Before you know it, you'll have finished your workout.

"I'M SO TIRED." Try repeating a positive statement like 'I can do it', 'I'm in control', or 'I feel better'. Imagine how proud you'll be when you finish your run. And once you do, you'll have a positive memory of perseverance to draw upon the next time you're feeling tired mid-run.

"I'M TOO SLOW." Give yourself a pep talk with

humour: vow to set a world record for the slowest time, for example. Remember that you're still beating the people who are sitting on their sofas. And if you'd like to be faster, experiment with shorter run and walk segments – some runners find that 15 seconds on, 15 seconds off is their ideal balance.

"I CAN'T BELIEVE THAT PERSON PASSED ME." If you're out for an everyday run, remind yourself to focus on your own workout. Other runners may be doing speedwork, for example, so they *should* be passing you! In a race, use those runners as inspiration – feed off their energy and pick up the pace a bit. 



TRAINING

ASK THE EXPERTS

How should my arms move when I run?

They should swing at a slight diagonal, so that at the most forward point, your elbows are slightly away from your body and your forward wrist is in front of your rib cage. The elbow angle should always be 90 degrees.

– Mike Hamberger, author of *Coaching Runners & Being Self-Coached*, coaches at dcrunningcoach.com.

Can I train for a 5-K and a marathon at the same time?

Sure, but if you want to notch fast times in both, tweak your plan. Do tempo runs, 'long' interval sessions (like kilometre repeats), and long runs – but every other week, swap one tempo or interval workout for short intervals at 5-K goal pace. Also, add six 20-second pick-ups to one or two easy runs per week. Run the 5-K at least four weeks before the marathon, and don't expect your legs to be rested enough to run a 5-K PB.

– Rod Koborsi, a 2008 US Olympic Trials 5000-metre runner, coaches for the Run SMART Project.

Should I train in the heat to prepare for a warm race next summer?

Only if your race starts at noon. Most summer events start in the early morning or evening, and you should do much of your training in conditions that are similar to what you can expect on race day. If you are preparing for a midday or evening race, do easy runs at the time you'll be racing, and plan long or fast workouts for the coolest part of the day to avoid heat exhaustion. (Symptoms include headache, dizziness, and excessive fatigue.)

– Traci Myers is a coach and personal trainer (runningchix1.com). 

Learn great form from the 2014 Boston Marathon champ by reading his new book, *Meb for Mortals* (R258, takealot.com).

PHOTOGRAPH BY HOLLY ANDRES



xango

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Used for thousands of years by the indigenous people of Southeast Asia both topically and in traditional preparations, the mangosteen fruit is naturally rich in xanthenes – one of the most powerful phytonutrients known today.

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RACE PREP

A QUICK GETAWAY

Have fun and run fast at an away-from-home event.

By Emily Abbate

WHILE RACING on holiday will help you burn off that poolside piña colada, atoning for your indulgences is not the only reason to register. You'll also meet up with a new community of runners and explore your destination on foot. "People aren't necessarily going to these races to PB," says Chris Heuisler, a hotel concierge. "They're going to see a place through a lens that only runners can see through. You become a whole new kind of tourist." Whether you're travelling specifically to participate in a race, or you happened to find a race that takes place where you're travelling, here's how to make your destination event a good one to write home about.

YOU'RE TRAVELLING TO RACE

HOW TO PREP Study the race website to plan routes with similar terrain and elevation change. Bring everything you might need — go to runnersworld.co.za/racechecklist for a packing list. When making a race plan, be realistic, says Heuisler. If you've trained well and the course plays to your strengths, you could finish fast away from home, but when you're racing far from where you've trained, changes in altitude, climate, and time zone may slow you down.

WHEN YOU GET THERE Go for an easy shakeout run (15 to

30 minutes) upon arrival to feel what it's like to run in local conditions. If you don't have a time goal, you can sightsee, but don't overdo it. Runners with time goals, however, should stay off their feet. (If you manage to hobble through some tourist hot spots after you race, the movement will help ease soreness.) Planning race-eve dinner depends on your accommodation. If you're at a hotel, make reservations at a restaurant with simple meals that resemble what you'd have the night before a long run. If you have kitchen access, make time to shop for food and eat what you would at home.

YOU FOUND A RACE DURING YOUR HOLIDAY

HOW TO PREP You planned your trip first, so let it take precedence: if racing would interfere with your ability to enjoy other plans, don't sign up. If you do race, don't expect to nail a PB or to be perfectly fuelled and rested. Set goals not based on the finishing time: "That can mean running negative splits, high-fiving 10 volunteers, or sticking around afterwards to cheer people on for half an hour," Heuisler says.

WHEN YOU GET THERE What you'd do on holiday versus what you'd do the night before a race may be very different, so try to strike a compromise. Don't stay out too late the night before, and make time for a good meal and some sleep. Remember to stay hydrated, especially if you're somewhere that's hot or humid. And if something comes up that's more appealing than the race, it's okay to skip it — it's your holiday, after all. 



When running on dunes, stick to pre-existing paths and respect local rules about access.

just 25 metres long, but at a 60-degree incline. To replicate this, try 10 reps of a hill that takes about 15 seconds to climb; walk or jog down for recovery, taking enough time that you're ready to sprint hard again on the next rep. The mid-length circuit was about 400 metres long, finishing at the top of a steep hill. For this kind of workout, start with six reps, and take at least 2min recovery. Finally, the longest circuit was a rolling loop of just over a kilometre up and down the dunes. Start with three reps and take 3min recovery.

If you have regular access to dunes, include a sand hill workout once a week during base training. If you're making a special trip to run on dunes, pick a medium-length incline that takes 45 to 90 seconds to climb, to strike a balance between strength and endurance. See how many reps you can do (then take a few days to recover).

JUST DUNE IT

Make hill workouts tougher by doing them on sand.

➔ Percy Cerutti, coach of Australia's 1960 Olympic 1500-metre winner Herb Elliott, favoured sand-dune workouts for their ability to build speed, strength, and endurance. At Cerutti's seaside base, Elliott would sprint up a dune as many as 50 times in a row. The result: he retired never having lost a mile or 1500-metre race.

Dune training has become a rite of passage, from the coast of Wales (where Steve Ovett, the record-setting British miler, trained) to the shores of Lake Michigan (where American 5-K record holder Molly Huddle tested herself as a varsity student). Here's what you need to know to try it.

THE BENEFITS

Running on loose, dry sand takes 20 to 60 per cent more energy than running on grass. Plus, soft sand absorbs some of the energy from your foot

strike instead of pushing you forward, and forces you to activate more lower-leg muscles to stay upright. The result is levels of lactate, a marker of anaerobic fatigue,

that spike two or three times higher than on firm surfaces. One study found athletes improved VO2 max by 10 per cent after eight weeks of sand workouts twice a week, compared with just six per cent for those doing the same workouts on grass.

Loose sand's other perk is its low impact forces, which produce less muscle damage and subsequent soreness. Physiology aside, the best reason to hit the dunes might be as a mental toughness workout, Huddle says: it's impossible not to make your legs burn.

THE WORKOUTS

Cerutti used three key dune circuits for workouts. The shortest was a steep climb

THE CAVEATS

It's hard to maintain good form when your feet keep sliding backwards. For a more powerful stride, push hard off your back foot (even though it's slipping) rather than reaching forward with your front. The soft surface may put extra strain on your Achilles tendon, so avoid sand workouts if you have a history of Achilles problems, and stop if you feel calf pain.

The other big issue is whether to wear shoes, and there's no right answer. If you leave them on, wear longer socks to keep sand out. If you take them off, your foot and ankle muscles will work extra hard, so keep the first few workouts short. 



FUEL

MEAL ON A STICK

Tasty and creative sosaties provide nutrients a runner needs.

By registered dietician Matthew Kadey

TO PREPARE Thread main ingredients onto skewers. Whisk together sauce ingredients and brush half of the mixture on the sosaties 15 minutes before grilling. Braai or grill the sosaties over medium-high heat, covered, turning once (see recipes for exact grilling time). Brush on remaining sauce halfway through cooking. Top with garnish. Recipes serve 4.

PORK SOUVLAKI

Souvlaki, or Greek meat sosaties, are traditionally made with pork, and the tenderloin is a particularly lean cut that's rich in protein to speed recovery. Peppadew peppers add a sweet-spicy kick, and fennel lends a distinctive flavour and crunch.

Grill time: 10 minutes

SKEWERS

- 450 grams pork tenderloin, cut into 2.5cm pieces
- 1 cup Peppadews
- 1 fennel bulb, cut into 2.5cm chunks

SAUCE

- 3 tablespoons olive oil
- ▶ Juice of ½ lemon
- 1 teaspoon dried oregano
- ½ teaspoon smoked paprika
- ¼ teaspoon salt

GARNISH

- ▶ Tzatziki sauce

SMOKY MAPLE CHICKEN

Chicken thighs provide muscle-friendly protein and are a more moist choice than breast meat. Chillies contain capsaicin, a compound that may curb overeating.

Grill time: 10 minutes

SKEWERS

- 450 grams boneless chicken thighs, cut into 2.5cm pieces
- 2 courgettes, cut into 2.5cm-thick rounds
- 2 bell peppers, cut into 2.5cm chunks

SAUCE

- 3 tablespoons maple syrup
- 1 tablespoon cider vinegar
- 1 tablespoon tomato paste
- ¼ teaspoon chilli sauce
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ¼ teaspoon salt

GARNISH

- ▶ Chopped chives

Pork Souvlaki

Smoky Maple Chicken

If you want to add more sauce after cooking, keep some separate so it's not contaminated with raw meat.

Grilled Cheese

FOOD STYLING BY MARIANA VELASQUEZ





Pesto Steak

Teriyaki Scallop

For quick weeknight meals, assemble sosaties a day ahead. When ready to grill, oil the grates to prevent sticking.

GRILLED CHEESE

Lower-fat than many cheeses, halloumi is a firm, protein-rich cheese from Cyprus that won't melt when grilled and provides bone-building calcium. If you can't find za'atar, a spice blend common in Middle Eastern cooking, use a combination of ground sumac, thyme, oregano, and sesame seeds.

Grill time: 8 minutes

SKEWERS

- 280 grams halloumi cheese, cut into 2cm cubes
- 1 cup cherry tomatoes
- 1 small brinjal (about 280 grams), cut into 2.5cm chunks
- 1 red onion, cut into 2cm chunks

SAUCE

- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1½ teaspoons za'atar
- 1 clove garlic, crushed
- ¼ teaspoon ground black pepper

GARNISH

- ▶ Chopped parsley

PESTO STEAK

Sirloin steak is a naturally lean cut of beef that contains iron, a mineral necessary for top running performance. The anti-inflammatory powers of olive oil (a main ingredient of pesto) help soothe post-run inflammation.

Grill time: 8 minutes

SKEWERS

- 450 grams sirloin steak,

- cut into 2.5cm cubes
- 250 grams white button mushrooms, stems removed
- 8 shallots, halved lengthwise

SAUCE

- 2 tablespoons pesto
- 1 tablespoon horseradish
- ▶ Juice of ½ lemon
- 2 teaspoons olive oil

GARNISH

- ▶ Chopped basil

TERIYAKI SCALLOP

Buttery-tasting scallops are low in fat and high in protein. Avocado is rich in heart-healthy fat (and yes, you can grill it!), while pineapple is packed with vitamin C, which may improve breathing during exercise.

Grill time: 6 minutes

SKEWERS

- 700 grams sea scallops, side tendon removed
- 1 large red bell pepper, cut into 2.5cm chunks
- 2 avocado pears, cut into 2.5cm cubes
- 2 cups pineapple chunks

SAUCE

- 2 tablespoons less-sodium soya sauce
- 1 tablespoon rice vinegar
- 1 tablespoon lime juice
- 2 teaspoons sesame oil
- 1 teaspoon chilli sauce
- 1 teaspoon grated fresh ginger

GARNISH

- ▶ Sesame seeds



TRIPPY DIPS

Multicoloured salsas are low in kilojoules and loaded with runner-friendly nutrients for your winter training diet.



Coriander supplies antioxidants that protect blood vessels. Don't love the herb? Swop for basil, parsley, or mint.

COOL GREEN

This nearly smooth salsa gets its colour from avocado pears and coriander (dhania). Tomatoes are rich in vitamin C. Studies show that getting vitamin C from food (rather than supplements) is more effective at calming oxidative damage in muscle tissues.

450 grams tomatoes, skins removed
1 avocado pear
¾ cup coriander leaves
1 tablespoon lime juice
1 clove garlic, chopped
¼ teaspoon salt

In a blender or food processor, add the tomatoes, avo, coriander, lime juice, garlic, and salt. Blend until almost smooth. **Makes 3 cups.**

SUNNY YELLOW

Mixing pineapple and mango with the bite of onions and jalapeño peppers makes a refreshing dip. Onions are packed with quercetin, which may protect against cancer and also help muscles recover from exercise, research shows.

1½ cups chopped pineapple
1 cup chopped mango
1½ tablespoons lime juice
½ cup diced white onion
½ jalapeño pepper, seeded and finely diced
1 tablespoon chopped mint
¼ teaspoon salt

In a bowl, combine the pineapple, mango, lime juice, onion, jalapeño, mint, and salt. Stir well. Let the salsa sit for 15 minutes. **Makes 3 cups.**

FIERY RED

Lycopene, which gives tomatoes their rich red colour, is a powerful carotenoid that may help ward off prostate cancer in men. Jalapeño peppers provide vitamin C, potassium, and a host of carotenoids that lend colour. Their heat can boost kilojoule burning.

4 tomatoes, chopped
⅓ cup chopped red onion
½ red bell pepper, diced
1 or 2 red jalapeños, seeded and finely diced
2 cloves garlic, crushed
▶ Juice of 1 lime
¼ teaspoon salt
2 tablespoons extra-virgin olive oil

In a bowl, combine the tomatoes, onion, bell pepper, jalapeño(s), garlic, lime juice, salt, and oil. Stir well. Let the salsa sit for 15 minutes to allow flavors to blend. **Makes 4 cups.**

Salsa paired with whole-grain nachos makes for a guilt-free snack.

JUST ADD SALSA

STIR a spoonful or two into soup.
MIX into sour cream for a fiery dressing.

SPREAD on toasted baguette and top with cheese.
SWOP it for sauce on pizza.

ADD to pasta, along with diced ham and basil.
USE as a topping on fried eggs.

ADD a spoonful to wraps instead of mayonnaise.
TOP OFF baked potatoes.

SPREAD on burgers, fish, or chicken.
SERVE it with a toasted cheese sandwich.



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CLEAN, CLEAR & POTENT.



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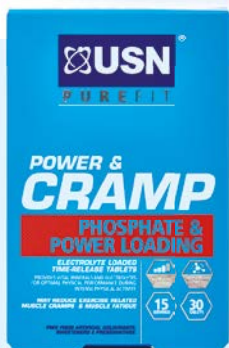
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WHY: *USN ENDURO* has been formulated to provide all endurance athletes with a light, refreshing and functional sports drink. It combines a specific ratio of high, intermediate and low Glycaemic Index (GI) carbohydrates, which are known to promote performance and improved exercise tolerances, as well as improve muscle recovery during physical exercise. This, along with a unique combination of performance ingredients, assists with the sustained and continuous supply of energy to optimally fuel you throughout your performance requirements, helping you achieve a personal best!

WHEN: Drink 150-200ml every 15-20 minutes during training and events longer than 60 minutes. Start drinking 30-60 minutes prior to events, taking 2-3 sips every 10-15 minutes.

Also suitable for carbo-loading in the 3 days prior to an endurance event, take 3 servings daily in-between meals.

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USN POWER & CRAMP is an electrolyte and phosphate loading time-release tablet that provides a vital selection of minerals and electrolytes for optimal performance during intense physical activity. Developed to help you ward off the onset of cramping during long, intense training and racing periods.

TAKE DAILY



REHYDRATE AND MAINTAIN PERFORMANCE

USN ZERO SUGAR HYDRATOR is a precision balanced performance drink with phosphates and electrolytes to assist in rehydration during intense physical activity. The loss of fluids and salts through perspiration can lead to impaired muscle and nerve functioning. The correct supplementation strategy will help you prevent any unforeseen issues, helping you to train and win.

TAKE AFTER TRAINING

When handling cooked beetroot, wear gloves or plastic bags on your hands to avoid stains.



THE ATHLETE'S PALATE

BEET YOURSELF UP

Chef, farmer, and runner **Chris Fischer** shares his favourite ways to use beetroot.

BEETROOT IS THE ROOT VEGETABLE known for its brilliant red hue. That rich colour comes from betalains, cancer-fighting antioxidants unique to beetroot that help reduce blood pressure and inflammation. Chef, farmer, and author Chris Fischer plants several varieties each spring on the farm that has been in his family for more than 50 years. "To me," says Fischer, a five-time marathoner, "they taste of the sweet earth, in a good way." Fischer's new book is *The Beetlebung Farm Cookbook* (R450, takealot.com).

SWEET-TART SALAD

"The sweetness of beetroot contrasts with the tartness of tomatoes."

- 450grams beetroot, scrubbed
- 1 teaspoon salt, plus more to taste
- 1 large tomato
- ¼ cup parsley leaves
- 3 tablespoons cold water
- 3 tablespoons vinegar (try a mix of red wine, Champagne, and cider)
- 2 tablespoons extra-virgin olive oil, divided
- ⅓ cup radishes, chopped

Bring a pot of water to the boil. Add beetroot and salt. Boil for 15 to 25 minutes, or until tender. Drain. Set aside.

Boil a small pot of water. Add the tomato and parsley. Blanch for 30 seconds. Remove and briefly cool in a bowl of ice water. In a blender, puree the parsley with the 3 tablespoons cold water.

Set aside.

Peel beetroot and cut into quarters. Place in a bowl and drizzle with the vinegar and 1 tablespoon of the oil. Season with salt.

Peel and dice the tomato and place in a second bowl along with the radishes, remaining 1 tablespoon oil, and parsley puree. Season with salt. Arrange the beetroot on a plate and spoon the tomato-radish mixture over them.

Serves 4.



Beetroot juice can help boost endurance, thanks to nitric oxide, a compound that improves blood and oxygen flow to muscles.

TRAIN YOUR BRAIN

Overcome your mind's tendency to slow you down.

By Mackenzie Lobby Havey

YOUR LEGS ARE SCREAMING. This is as fast or as far as you can go. Or so you think. When you feel as if you can't run another step, it's natural to assume your body has had enough. But science suggests your mind is slowing you down prematurely, and you possess more power than you realise.

Researchers tested the muscle contractions of runners during a 20-K. Some ran normally, their muscles contracting on their own – the brain in control. Another group's muscles were contracted via electrical stimulation – the muscles were forced to contract externally, without the brain's input. The first group's muscle contractions weakened after 15

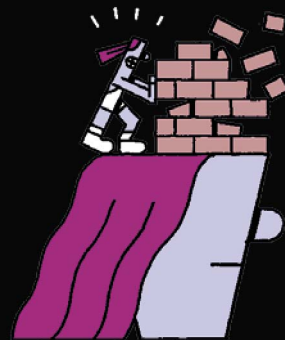
kilometres. But the other group's contractions were as strong at the end of the 20-K as they were at the start of the run.

This suggests the brain can convince the body it's tired, even when muscles are still able to work hard.

"We are wired to leave something in the tank," says sports psychologist Dr Jim Taylor. "Years ago, when we hunted for meals, we needed to conserve energy to get back home. Our minds want to make sure we don't fatigue completely."

Taylor says that with practice you can learn to defy the brain's overprotective nature, to see just how fast and far you can really go.

Word of caution: the instinct to slow down or stop shouldn't be dismissed if you are injured, ill, or truly need to back off.



CHANGE YOUR THINKING

First things first: you have to put in proper training to perform your best. Mental strategies alone won't propel you to an Oceans qualifier. But while you're hammering out the long runs, you can work to break down the hurdles in your mind to reveal what your body is capable of. (See 'The Starting Line', page 34, for more advice.)

GAUGE YOUR DISCOMFORT

If you're pushing the pace to get faster or adding distance to go further, your body is going to talk back to you. Be a good listener. During training, learn to distinguish 'good' pain (discomfort from leaving your comfort zone) from 'bad' pain (something that verges on injury). "There is a difference between muscles that burn at the end of a workout, and something that hurts every time you take a step," Taylor says. "Part of training is learning body awareness. You also need to experience some discomfort, so when it occurs in a race, it's not a foreign feeling. You know you can push through it."

PICTURE A STRONG FINISH

Envisioning the runner you want to be – one who doesn't let up or give in – is one of the most important mental skills you can harness if you want to push your limits, says



Dr Grayson Kimball, author of *Grateful Running: Mental Training for the Long Distance Runner*. "Negative thinking can be a self-fulfilling prophecy," he says. "If you think you're too tired to go on, then you'll probably stop. If you see kilometre marker 35 and think, *Oh, this is where I always fall apart*, then you probably will. If you can envision yourself running strong, gliding up hills, and sprinting across the finish line, you can boost your self-confidence and use it to power yourself."

CELEBRATE SMALL VICTORIES

Kimball suggests breaking a race down into chunks, each with individual goals. You could aim to maintain good running posture when climbing a hill, or to have a plan to hydrate quickly at water stations. Each time you tick one off, you feel better about your capability to achieve your ultimate race goal. "Achieving success more often keeps you more optimistic, which will help you in the later stages of a race," he says.

REPEAT A MANTRA

Having a go-to phrase that you can repeat can help you push through tough parts of workouts and races. Just choose it carefully, says Kimball. "A lot of runners fall into the trap of having a negative mantra that they think is positive, like *Don't crash*, or *Don't stop*," he says. "That runner is creating a mindset to avoid failure – versus a runner who will say something positive, like *Power up*, or *Move those legs*." (See 'Pro Pep Talk', right, for mantra inspiration.)

TOOLS THAT KEEP YOUR EFFORT HONEST



GPS WATCH

Tracking your pace makes you better able to stick to your prescribed workout even when you start to fatigue and are tempted to slow down. It's a data-driven pacer.



HEART-RATE MONITOR

Knowing what your heart rate should be for easy, moderate, and hard runs enables you to use those numbers to pace your workouts accordingly.



TALK TEST

Helps gauge effort. If you can talk in full sentences during intervals, pick up the pace. For hard efforts, you should only be able to utter a word here and there. 

Pro Pep Talk

When fatigue sets in, negative thoughts creep in, and performance suffers. Training your brain to harness positive thinking can help you stop that cycle. Here's how a few pros do it.



"If I'm going uphill, my mantra is *Just don't walk! or Keep it together*. I also think over and over to myself: *Quick and light*." – Sage Canaday, 2:16 marathoner



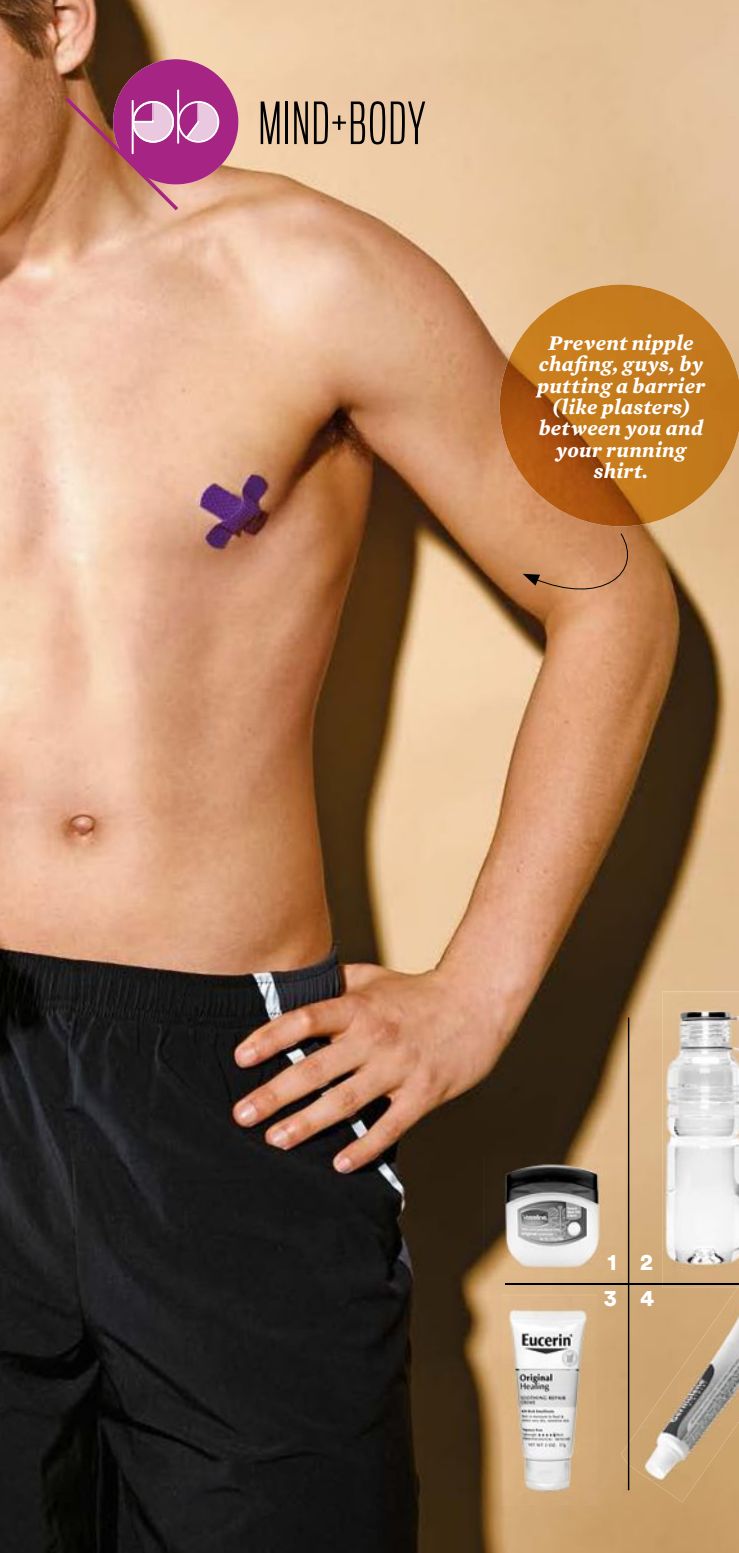
"I like *Do the work* during long workouts. I cope with negative thoughts by replacing them with that mantra, so I stop thinking and just focus on that moment." – Kim Conley, 5 000-metre Olympian in 2012



"A mantra I really like is from Bryce Courtenay's novel *The Power of One*. *First with the head and then with the heart, that's how a man stays ahead from the start*." – Tyler McCandless, 2:15 marathoner



"One of my favourites is *It's only XX more minutes! I can do anything for XX minutes!*" – Meghan Arbogast, 2014 USA 100-K Trail Champion



Prevent nipple chafing, guys, by putting a barrier (like plasters) between you and your running shirt.

PURE FRICTION

Prevent and treat one of running's most common war wounds.

By Blaine Bachelor

EVER EXPERIENCED thigh rubbing so painful your legs felt like they'd brushed against a cheese grater? Or crossed a finish line, realising that the spectacle of your blood-streaked shirt is eliciting horror from spectators? Chafing, a runner's rite of passage, is the result of friction that occurs when skin rubs against itself or clothing. As anyone who has endured an excruciating post-run shower on freshly-grazed skin knows, prevention is key. Here's what works.

PREVENT IT

DITCH COTTON It absorbs sweat and stays wet. Wear synthetic, wicking fabrics.

GO SEAMLESS, TAGLESS Seams and tags on a shirt or bra can cause irritation.

GET A PROPER FIT A too-snug sports bra can dig in; the excess material of a baggy shirt can rub you raw.

PROTECT YOUR LEGS Compression shorts can save your inner thighs from abrasions.

COVER 'EM UP Nipple protection is critical for guys. Plasters are common shields.

GET GREASY Apply lubricant to chafe-prone body parts. BodyGlide and petroleum jelly-based products (1) are classic salves. When heading out for a long run, stash Labeledo or a travel-sized deodorant in a pocket.

HYDRATE Drinking (2) minimises the salt concentration of sweat. Salt has a sandpaper effect on skin, says Dr Fayne Frey, a New York dermatologist.

MOISTURISE "Skin that's well moisturised – apply lotion (3) twice daily – is less prone to chafing," Frey says.

TREAT IT

WASH UP Shower ASAP after running, keeping water lukewarm. Use antibacterial soap to ward off bacteria that can creep into exposed skin and cause problems like folliculitis, a skin condition that dermatologist Dr Tanya Kormeil says occurs in athletes.

SOOTHE IT Pat – don't rub – skin dry, and apply an ointment such as Germolene Antiseptic Ointment (4) or A+D Zinc Oxide cream (happy-rash creams containing zinc oxide are antibacterial).



1



2



3



4



PACK RULES Facebook friends weigh in on chafing remedies.

A piece of **Sylko** **Cling Wrap** under your bra band prevents chafing.
– Becky Morris Craig

Turn your **running bra** **inside out** so the seams can't rub you.
– Melody Wohlgemuth Gunter

Coconut oil on my thighs and bra line.
– Megan Weber

I cut the foot off an old **dress sock** and wear it on my arm under my iPod armband.
– Chrissy Snider

Forgot to apply lube? Look for the nearest **petrol station** and find an old canister of oil. Use the dregs on the affected area. – Mike Finn

If you forget to put **glide** on and you chafe, put it on before you get in the shower. It has prevented many a scream.
– Kerry Lenny

THE BODY SHOP

GOING UP (AND DOWN)

Monster hills will feel more like bumps in the road if you work these exercises into your routine.

UNLESS YOU STICK to the track, a treadmill, or Potchefstroom, hills are bound to appear on your routes. If your muscles lack strength, your form can falter. You might lean too far forward going up and too far backward going down, a combo that wastes energy and increases injury risk, says Jason Fitzgerald, coach and founder of *strengthrunning.com*. This routine from Fitzgerald will strengthen key muscles that will power you through both the ups and the downs. —KIT FOX

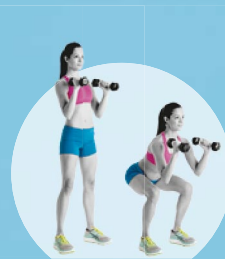


Start with a light weight (she's holding two-kilogram dumbbells).

SIDWAYS LUNGE

Works the quads and glutes.

TO DO Step to your right, bending your right knee until your hamstring is parallel to the floor. Push off the right foot and return to the starting position, then repeat on the left. Complete 20 total reps, alternating legs.



SQUAT

Works the glutes, hamstrings, and quads (quads are the primary muscles used for running uphill).

TO DO While holding dumbbells and keeping your feet shoulder width apart, shift your weight to your heels as you lower into a seated position. Keep your eyes forward and descend until your hamstrings are parallel to the ground before you stand back up. Do 25 reps at a controlled pace.



DEADLIFT

Strengthens the glutes, hamstrings, and calves, which give you stability and control on downhill.

TO DO Stand with feet shoulder width apart. Bend at the waist and knees and pick up a pair of dumbbells from the floor. As you stand up, pinch your shoulder blades together. Then lower back down, tapping the dumbbells on the ground before standing back up. Do 25 reps at a controlled pace.



STEP UP

Develops powerful quads for stronger hill climbing.

TO DO Holding dumbbells, place your right foot on a box or step. Drive your weight into your heel as you step up. Squeeze your glutes at the top. Step back down in a controlled manner.

Repeat with the left foot.

Complete 20 total reps, alternating legs.



FORWARD LUNGE

Builds stability and strength that helps you maintain good running form while going up and down.

TO DO Start with your feet pointing straight ahead and holding dumbbells. Step forward with your left foot, then bend the left knee until the hamstring is parallel to the floor. Your right knee should touch or come just above the ground. To avoid injury, make sure the left knee stays behind the toes. Step back up and repeat on the other side. Complete 20 total reps, alternating legs.

*It's time to
get creative,
ladies. Start
living your
running life in
colour!*

FEMME FIT

As part of our special women's issue, we collected some of our favourite women-specific items, and put them to the test.

By Ryan Scott

**Photographs by
James Garaghty**

In the upcoming seasons, expect a lot more innovation and choice, especially in creative designs like this **VIVOLICIOUS ANGEL FACE TECH RACER (R435)**: a simple, lightweight, running-specific vest with bold and exciting designs, the likes of which you've never seen before – and they're made locally. vivolicious.co.za

This **SAUCONY DAYBREAK LONG SLEEVE (R650)** was our testers' favourite casual top because of its simple fit, which tapers at the waist and has a wide, open neck, as well as long, extended cuffs with thumb holes, which protect your hands from the cold. But most of all, testers admired it for its soft, cotton-like (although 73% polyester) feel.

[The Sweatshop](#)

Our testers' number-one go-to skort is the **SALOMON EXO SKORT (R1 700)**, in soft baby blue. The inner-brief lining is made of honeycomb compression, to help support your long-running efforts, and the skirt fabric sits high up on the thigh, for uninhibited running and an elegant look.

[Salomon Stores](#)

Don't inhibit yourself. Opt for an elegant skirt that sits high up on the thigh.



This is the stylish and lightweight **OAKLEY TANK TOP (R350)** vest, with extra built-in chest support. Tops like this one can often be too strappy, but testers were happy with the simple fit and the soft, extended waistband. **Oakley 0861 486 100**

Testers said the secret to the fantastic fit of the **SAUCONY IMPULSE SHORTS (R599)** is the extra panelling at the waist, and the strip on the side of the legs. Not only is the fabric super-stretchy, a simple drawstring at the top of the waist panel gives you the option to tighten things up a smidgen. **The Sweatshop**

The **ADIDAS ULTRA BOOST (R2 500)** made its debut earlier this year with just one, dark-colour option, but now there's more variety to choose from. This is the first adidas running shoe to apply 100% boost cushioning, pulled together by a new stretch web that adapts to your foot strike – and it's the first time we've seen a single-fabric knit upper from adidas. **adidas Stores**

Step out in show-stopping running shoes that adapt to your foot strike.

You don't have to sacrifice protection on the run for a sporty-looking pair of sunglasses. **OAKLEY DROP IN (R1 540)** glasses have a comfortable, lightweight frame, with High-Definition Optics technology for great clarity, and impact-resistant lenses. **Oakley 0861 486 100**

In addition to the stretch headband, the **VIVOLICIOUS FLOWER POWER PRO WINTER HEADY (R180)** has a thick polar fleece for colder runs. The combination is a one-piece that can be stretched and contorted into all kinds of options, and it'll keep your head and neck cozy. **nativesport.co.za**

Designed specifically to fit the female form, the **NATHAN INTENSITY (R1 500)** pack includes a two-litre hydration bladder and four litres of extra storage capacity. A three-way propulsion harness is designed to control bag-bounce when you're fully loaded and on the run. Testers who run long distances were grateful for two easily-accessible pockets at the front. **Brand ID 021 461 0346**

Keep the wind at bay and stay ventilated with the **ASICS LIGHTWEIGHT JACKET (R1 400)**. Ventilation mesh under the arms and a delicately-sewn high neck will help you adapt to a variety of temperatures, and the anatomically-positioned panelling is suited specifically to women runners. **The Sweatshop**

*Fits your form.
A hydration
pack designed
with women in
mind.*





Blend function and style with this **PUMA HYBRID TOP (R999)**, which is essentially a vest attached to extra fabric that covers the arms, shoulders and chest, doing away with torso material. An extra pocket on the sleeve is easily reversed to slide over your hands, providing respite from the cold.

[Puma Stores](#)

These **LORNA JANE 7/8 TIGHTS (R1 300)** are part of an active range dedicated to women. It's the attention to detail that makes these tights so special. Motivational quotes will keep you inspired, and tiny red hearts are sewn into the inner fabric.

lornajane.co.za

Nothing quite like tights with a mantra to get you out the door.

PUMA'S IGNITE XT (R1 300)

is the second iteration of the Ignite series, launched last February. A women-specific last, with welded seams on the upper, and extra support on the toecap and heel cup, are all additions designed with an optimal women-specific fit in mind.

[Puma Stores](#)



GEAR

GIRL'S BEST FRIEND

A woman can never have too many accessories. Here are our handpicked running essentials.
By Ryan Scott

The latest women's running accessories, unpacked.

1/ OAKLEY RADARLOCK PATH (R2 975) includes Switchlock technology, which makes adapting to your light environment really easy, because you can change the lenses to suit the conditions.
[Oakley 0861 486 100](http://Oakley.com)

2/ The GARMIN VIVOFIT 2 (R1 500) activity tracker hails from the Style Collection – a range of interchangeable accessory bands, in a variety of vibrant colours. Proof you don't have to sacrifice style for technology.
garminonline.co.za

3/ FALKE TRAIL-RUNNING SOCKS (R50) are reinforced at the heel and toe for extra durability, and include

protective cushioning for greater comfort. The extra-fine toe seam isn't noticeable at first, but it will be welcome at kilometre 50, when your feet are more susceptible to irritation.

Sportsmans Warehouse

4/ Fashionable detail in the form of a swallowtail-neck design on the collar, and ruched material around the zip at the sternum, create a very feminine fit for the **NEW BALANCE**

LONG SLEEVE (R750) top.

Testers enjoyed the medium- to cold-temperature versatility, and the thumbholes at the end of the sleeves.

New Balance Stores

5/ YURBUDS INSPIRE 100 (R280) are perfect for women, because they're ergonomically designed to fit smaller ears. The rubber covering is sweatproof, and the reinforced headphone plug is harder than most.

Dion Wired

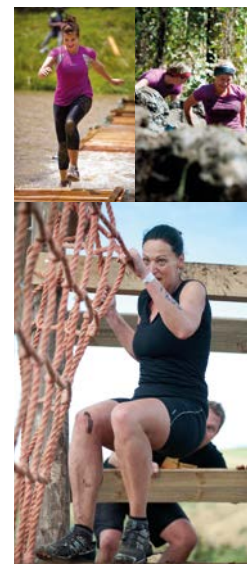


You Asked Me
RW Gear Editor
Ryan Scott is
here for you.
And your stuff.

READY FOR COMBAT

I'm thinking of doing a Warrior race or an Impi Challenge. Do I need an all-new running wardrobe? – ROB, Cape Town

Obstacle races are great fun, and the good news is you don't have to break the bank to buy new gear. Keep it simple: tight-fitting tops, shorts and shoes are a must. A long-sleeve top will protect you from rope burn – but again, make sure it's tight, or you'll have to deal with it sagging when you get wet. Your shoes will get wet, so be prepared by wearing thin socks that minimise squelching at the toes. Swap peaks and visors for hair bands and Buffs.



PHOTOGRAPHS BY ACTIONPHOTO (IMPI CHALLENGE)



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FRESH SHOES

COMRADES WINNER

**Caroline
Wöstmann's
Nike Streak LT**
158g
R1 199
The Sweat Shop



CAROLINE WÖSTMANN
Pretoria's Caroline Wöstmann became the first South African to win the Comrades Marathon women's race since 1998, wearing these Nike Streak LT racers. Wöstmann clocked 6:12.22 for the 87.72km.

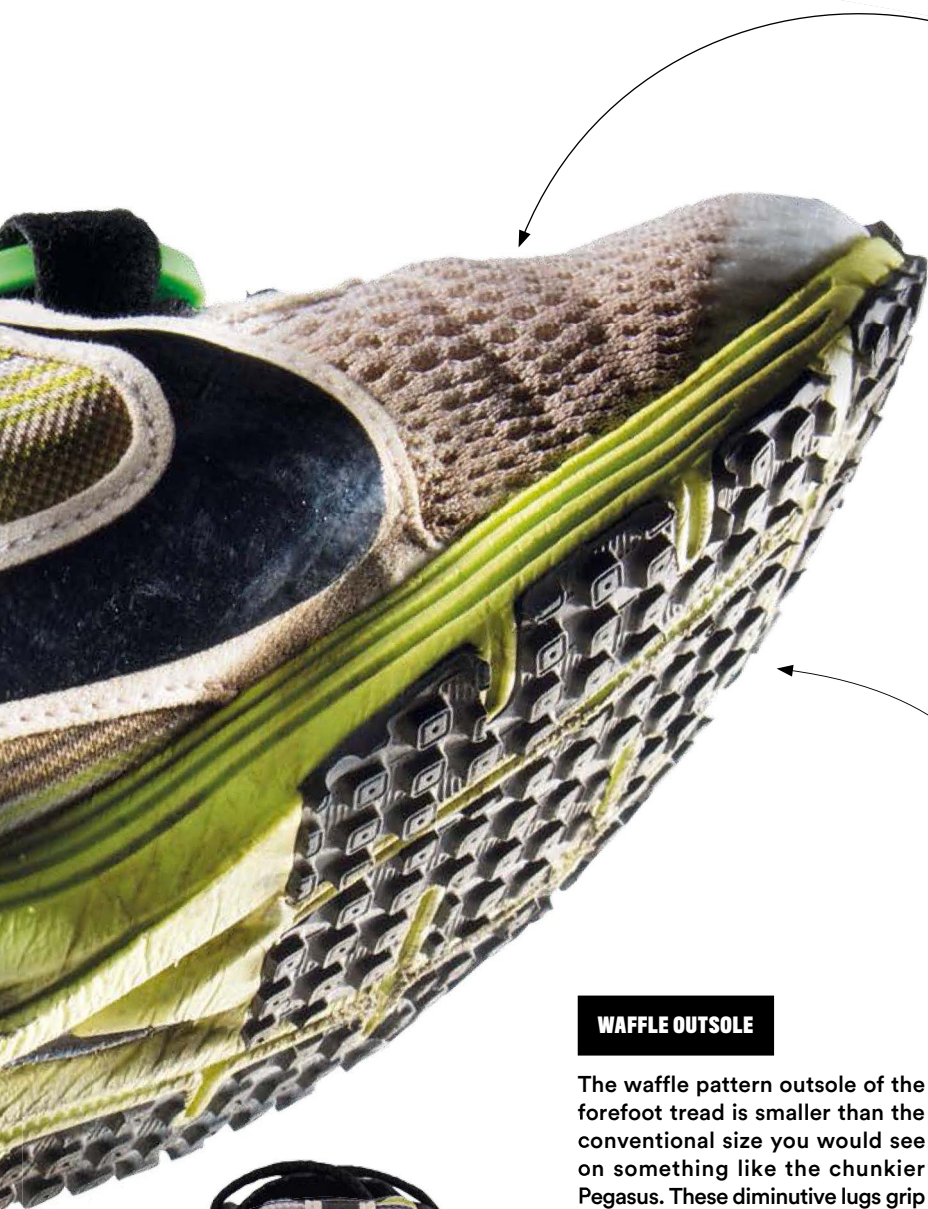
LOW PROFILE

A 22mm heel means there's ample Cushlon LT cushioning, while the 18mm forefoot also makes for generous amounts of cushioning and leaves you with a 4mm profile drop. This low drop, together with a TPU shank under the mid-foot, contributes to a snappy toe-off.

LOCK-DOWN

The Nike Dynamic Fit system locks the foot down at the mid-foot, via a band running from the sole, up both sides, and interlocking into the lacing system, which controls the amount of secure fit needed. The secure mid-foot feels good behind the roomy mesh forefoot, where the toes are free to move.





BREATHABLE

A breathable mesh upper allows a lot of air in, especially at the forefoot where the openings are large. A thin seal closes the opening on the toe and offers a small amount of wear protection. Soft padding around the sole feels luxurious in such a light shoe.

WAFFLE OUTSOLE

The waffle pattern outsole of the forefoot tread is smaller than the conventional size you would see on something like the chunkier Pegasus. These diminutive lugs grip effectively and are good for road or track. Caroline's pair show perfectly efficient toe-off wear.



GOING THE DISTANCE

To prepare these shoes for Comrades, Caroline did 100km in them before lining up at the start line. We'll send them back to her now, and she'll get another 300km or so before they're done. That's about 600km total lifespan. 

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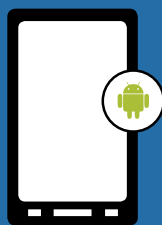
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WOMEN

THE HEROINES OF RUNNING

They set the example, encourage, support, mentor and guide. These are the women of running who inspire us all.

COMPILED BY **LISA NEVITT** AND **MIKE FINCH**

A black and white photograph of a woman, Evelina Tshabalala, captured in a dynamic running pose. She is shown from the side, moving towards the right. She is wearing a dark, long-sleeved athletic top and dark leggings. Her hair is styled in short braids, and she is wearing large, round, patterned earrings. Her right arm is bent with her hand near her chest, and her left arm is extended back. Her right leg is forward in a running stride, and her left leg is pushing off the ground. The background is a dark, solid color, making the runner stand out. In the top left corner, there is a dark circular graphic containing white text. In the bottom right corner, there is white text indicating the page number and publication details.

*Evelina
Tshabalala
is an HIV-positive
endurance athlete
who has inspired
thousands.*

South African sport has a lot to thank women runners for. Arguably, some of the greatest achievements in local sport have been made by women on tracks and roads around the world: from Elana Meyer's Olympic silver medal and Zola Budd's world cross-country title, to the more recent performances of runners such as Mapaseka Makhanya, Rene Kalmer and Caroline Wöstmann.

But it's not just about running fast: there are many other reasons why the women of running inspire others. For some, it's about their ability to mentor and encourage younger athletes – like former school teacher Elizabeth Lepheyane – while others have led by example, and have shown what can be achieved through hard work and dedication.

THE WORLD-BEATER

“If I ever had the privilege of meeting Zola in person, I would tell her that I get goosebumps every time I think back to her incredible performance at the Comrades.”

Zola Budd, 49

By Linda Doke

Zola Budd – multiple South African track and road record holder, and 1984 Olympian – is a wonderful example of how self-belief and determination can help us achieve our goals, even in the face of adversity. One such adversity, the famous ‘tripping incident’ involving US track favourite Mary Decker at the 1984 Los Angeles Olympics, is a controversy that will haunt Zola’s name forever.

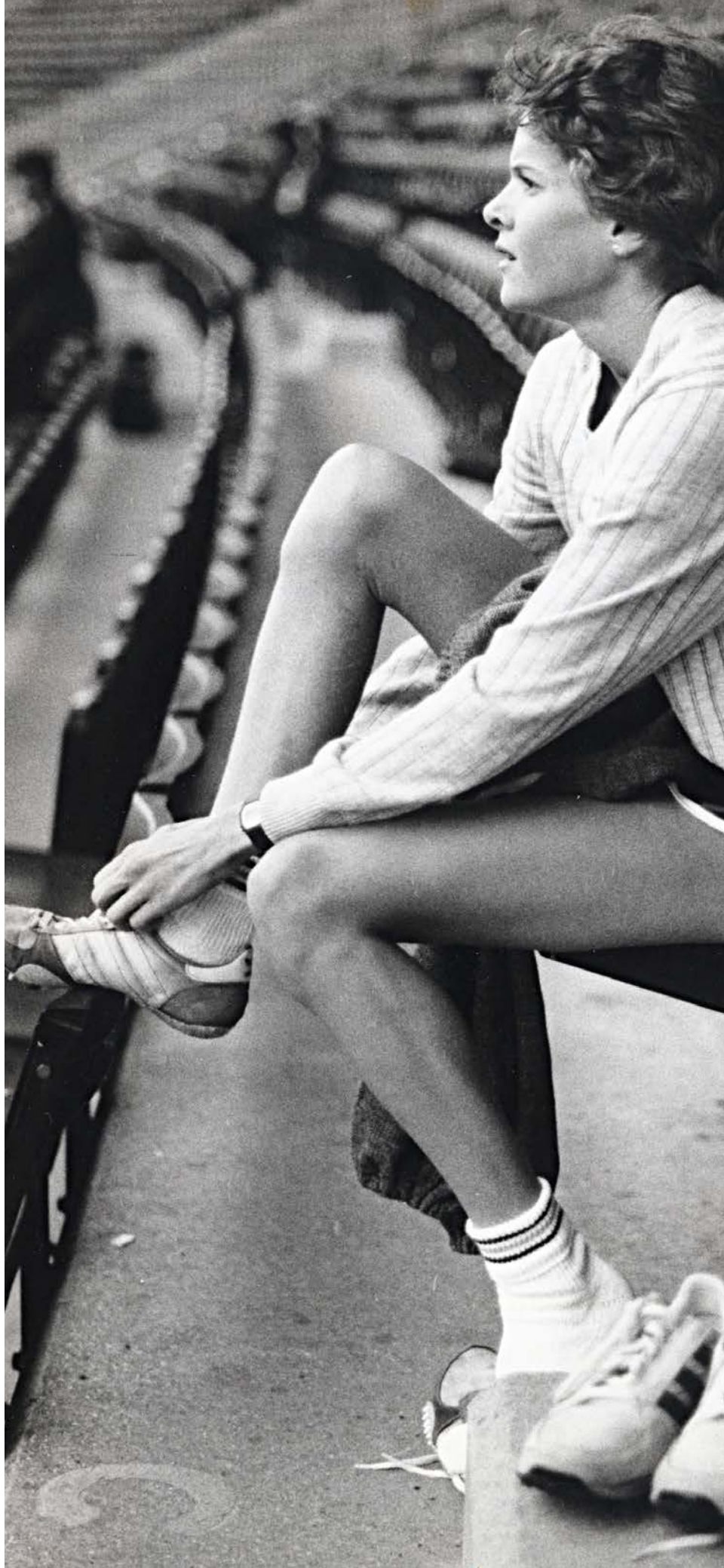
Zola was accused of tripping Decker, and of causing her to fall during the race. She was harshly criticised for the incident, and it was only later proven that in fact it had been Decker who had pushed Zola, in an effort not to be squeezed on the track’s straight.

Even though Zola’s name had been cleared, for years the US public shunned her as the athlete who had tripped US golden girl Mary Decker. But despite this, she continued to perform at the highest level.

Zola has been admired for decades for her outstanding achievements as a 3 000m and 5 000m world record-holder during the mid-1980s, when she was in her early twenties. But what makes Zola a running heroine in my eyes is what she achieved more than two decades later, over a distance that was never her forte – she ran the 2014 Comrades marathon and finished in seventh place, winning a gold medal. For me, that was her best performance.

If I ever had the privilege of meeting Zola in person, I would tell her that I get goosebumps every time I think back to her incredible performance at the Comrades. I think every South African watching Comrades on TV that day was bursting with pride when she crossed the finish line. She’s a huge inspiration to thousands, showing us that it’s not about what others think or say about us that counts, – it’s what we know in our hearts.

Linda Doke is a leading South African ultra-distance trail runner.





PHOTOGRAPH BY GALLO/GETTY IMAGES (ZOLA), SUPPLIED (ELIZABETH)



THE TEACHER

“On Saturdays she’d wake up at 6am and walk 15 kilometres from her place in Protea...”

ELIZABETH LEPHEYANE, 70

By Mapaseka Makhanya

I met Elizabeth Lepheyane when I was in Grade 6 at Mara Primary School, in Naledi. She was a teacher at our school, but she was also involved in athletics as an official for Central Gauteng.

I was about 12 or 13 years old. She was disciplined, and encouraged us to run around the school buildings. There was a small group of us, but she definitely paid me more attention – I think she realised I had talent.

She went to great lengths to ensure we travelled to cross-country meetings safely. On Saturdays she’d wake up at 6am, and walk 15 kilometres from her place in Protea to accompany us on our six-kilometre walk to the bus.

When the cross-country was over, she would escort us all home, and then walk back to her house. A lot of us came from poor families, so she always made sure that she had packed lunch for us... something to drink, and peanut butter sandwiches.

When I first started running, I attended cross-country meetings for the outing, and a chance to see other places. I just went there to play. But she would always look me in the eye

and encourage me to run. Sometimes I would run in the veterans’ race, and soon other runners began referring to me as ‘the veteran’, even though I was still at school.

Elizabeth is a pensioner in her 70s now, but she’s still as passionate about the sport today as she was then – and remains an active official for Central Gauteng.

Over the years that I have run, I imagine it’s her voice shouting encouragement at me during races. She can’t mention my name because she’s an official, but I can hear that same voice that used to encourage us when we were at school.

I owe my love for running, and the discipline I need to perform, to her. She is the reason I run today.

Mapaseka Makhanya is one of South Africa’s most successful middle- and marathon-distance runners. She was voted South African sportswoman of the year in 2013, after winning the Gauteng Marathon.

THE MENTOR

“Running – especially long-distance – is Elana personified.”

ELANA MEYER, 48

By Kathy McQuaide

Instead of coming up with reasons why something can't work, Elana Meyer pours her heart and soul into making sure it can. She has changed the way I feel about turning my own possibilities into realities.

The first time Elana inspired me, my love affair with running had already begun – I had been glued to *Comrades* as a youngster, and the first edition of Professor Tim Noakes' book, *Lore of Running*, had convinced me I wanted to study sports science.

The 'Diminutive Dynamo', as Elana was once described, had won silver at the Barcelona Olympics in 1992. I watched her run a victory lap around the track with Derartu Tulu, their hands held high, a flag draped over their shoulders. I remember the look of pure joy on her face. (Elana is also a multiple South African record-holder, and the former world record-holder for the half marathon.)

I finished my honours degree and started working for the Sports Science Institute of South Africa (SSISA), and one day Noakes decided to include me in a meeting with Elana.

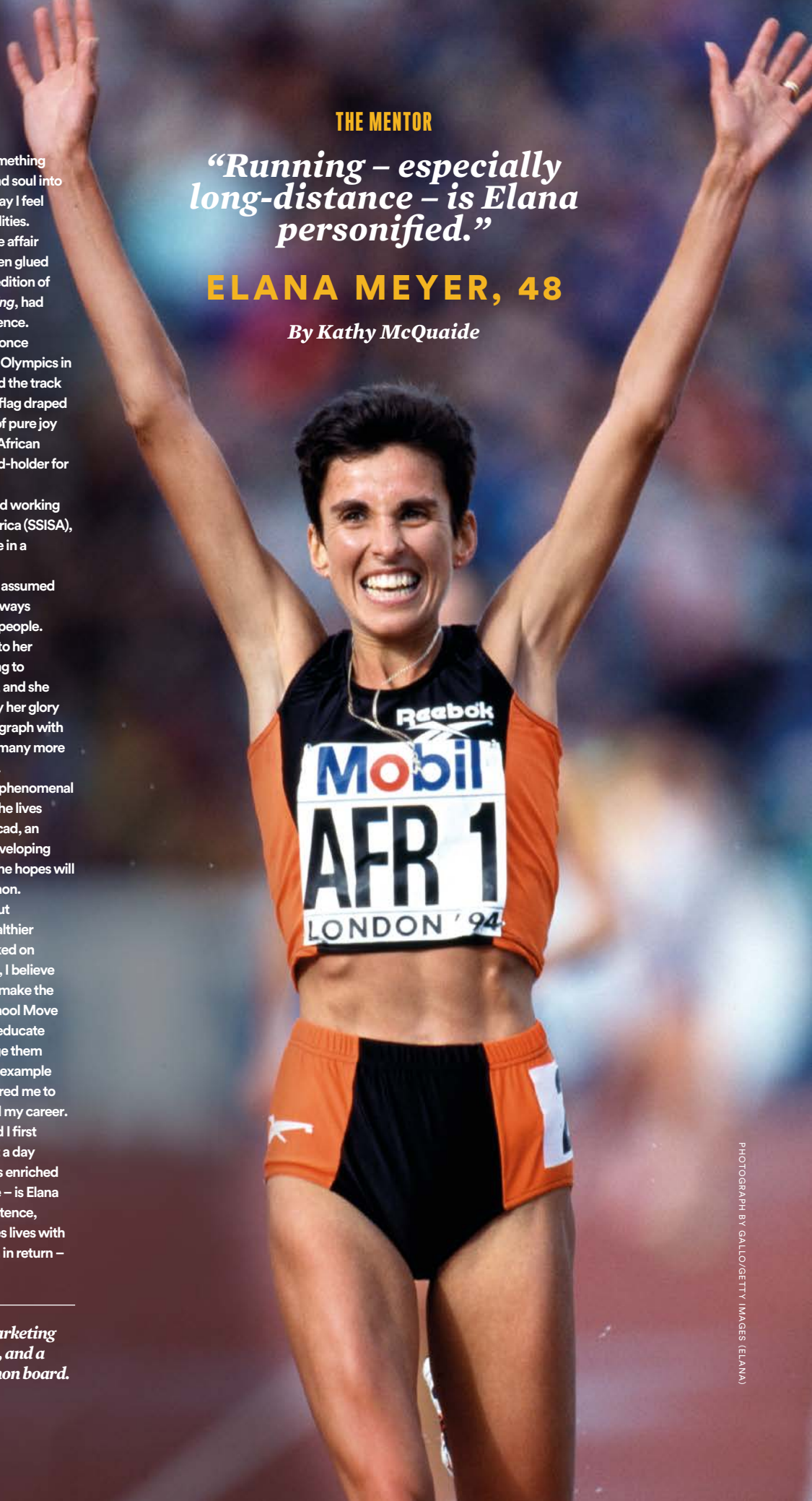
Even before I met her for the first time, I assumed she would be friendly. On television, she always displayed a wide smile, and engaged with people. During our meeting, she certainly lived up to her reputation. She used her passion for running to encourage our young athletes to be active, and she was accessible – completely unaffected by her glory status. I even asked her to pose for a photograph with me, not realising then that there would be many more occasions on which our paths would cross.

Elana hasn't just inspired me by being a phenomenal athlete. As part of her vision of improving the lives of others through sport, she set up Endurocad, an organisation involved in identifying and developing young South African running talent, who she hopes will go on to win Olympic medals in the marathon.

My 20 years at SSISA have been all about empowering people of all ages to live a healthier lifestyle, but many of the projects I've worked on have been aimed at youngsters. Like Elana, I believe it's during the formative years that we can make the biggest impact. I started the annual MySchool Move For Your Health campaign (an initiative to educate children about healthy living and encourage them to participate in physical activity), a prime example of how my connection with Elana has inspired me to encourage others – and ultimately, shaped my career.

It's been almost 20 years since Elana and I first met, and I'm truly addicted to running. Not a day goes by when I don't think about how it has enriched my life. Running – especially long-distance – is Elana personified: it is pure, with no room for pretence, games or misrepresentation, and it enriches lives with so many rewards, without asking for much in return – except, of course, a pair of running shoes.

Kathy McQuaide is the strategic marketing and relationship manager at SSISA, and a director on the Two Oceans Marathon board.



PHOTOGRAPH BY GALLO/GETTY IMAGES (ELANA)

“When she agreed to take me under her wing, I couldn’t believe my luck. It was one of the happiest days of my life.”

By Nolene Conrad

The first time I met Elana Meyer was at the Endurocad Camp. I was in awe of her, because I idolised her for all that she had achieved in her running career, and how much she cared about the athletes in her academy and wanted to see them achieve greatness through her programme. Now she stood just metres away from me.

On the last day of camp, I finally plucked up the courage to approach her, and I asked her to be my mentor. I didn’t actually think she’d say yes – she seemed like an extremely busy woman – but something about her down-to-earth demeanour made me believe it was worth a try. When she agreed to take me under her wing, I couldn’t believe my luck. It was one of the happiest days of my life.

It’s as though Elana has this energy that I feed off. When I get off the phone with her, I have a strong desire to go out and run. She has a way of making me feel good about myself, and motivating me to work harder.

By sharing her personal experience of dealing with setbacks with me, Elana has also taught me a lot about mental toughness. Through her, I’ve learned to be

fearless and to take risks.

I ran my first marathon in April last year – it was the Hanover Marathon in Germany. I had a very bad race, and I remember feeling painfully disappointed in my result.

After the race, I returned to my hotel and messaged Elana for support. She responded: “The marathon is like a rose. Sometimes you’re pricked by the thorns, in others you see beautiful petals.”

Hearing those words from such an experienced, world-class athlete was comforting, and I decided it wasn’t yet time to throw in the towel. I will attempt the marathon again, only this time I’ll be stronger, mentally and physically. Training for my second marathon has been a mental struggle, but Elana has been with me every step of the way.

Most importantly, she believes in me – even at times when I doubt myself. Every time I line up at the start of a big race, I tell myself, “Nolene – if someone like Elana Meyer believes in you, then you have to show her she has good reason to.”

Nolene Conrad is the South African 10km Champion.



THE FIRST INSPIRATION

“...she wasn’t muscular, like the Eastern European athletes, and was feminine and healthy-looking...”

SARINA CRONJE, 60

By Elana Meyer

When you listen to interviews with top athletes, they’re often asked about the first people to influence their athletic careers. Throughout my career I’ve been inspired by many different people, at different times, from Zola Budd to Ingrid Kristiansen and Grete Waitz. But the person who most inspired me, from an early age, was Sarina Cronje, the mother of current SA 1500m record-holder Johan Cronje.

I remember running in the same race as her, in either 1981 or ’82, when she broke the South African record over 3000m. She was a senior athlete then – a big star – and I was this young 14-year-old.

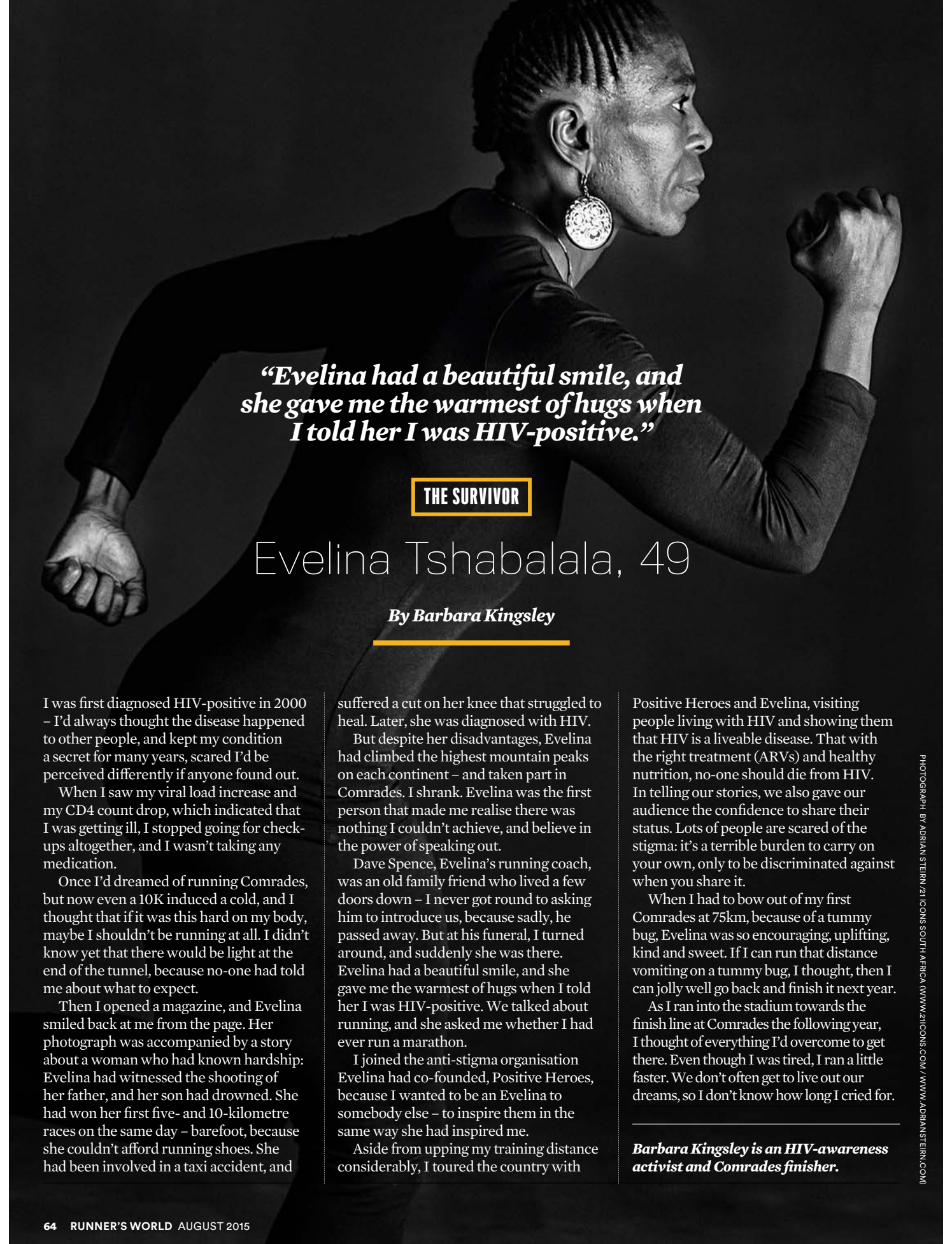
Sarina was a beautiful runner, and looked like a lady – she wasn’t muscular, like the Eastern European athletes, and was feminine and healthy-looking... not too thin! She was photographed at races often, because she was attractive, and had an amazingly fluid style of running.

She was such a versatile athlete, and could run everything from 800m to 10K, at both road and cross-country races. Because I was inspired by her, I’ve always strived to be the complete athlete.

I was too nervous to talk to her. Maybe I said ‘hi’ and ‘bye’, but that was all. I used to hear about how she ran on the cow pastures on her farm to make her ankles strong, so I would go home and do the same where I lived.

She married Danie Cronje, who was a Springbok in the steeplechase. No wonder Johan is such a superb athlete...

Elana Meyer is an Olympic silver medallist, former world half-marathon record-holder, and multiple South African champion and record-holder over various distances.



“Evelina had a beautiful smile, and she gave me the warmest of hugs when I told her I was HIV-positive.”

THE SURVIVOR

Evelina Tshabalala, 49

By Barbara Kingsley

I was first diagnosed HIV-positive in 2000 – I’d always thought the disease happened to other people, and kept my condition a secret for many years, scared I’d be perceived differently if anyone found out.

When I saw my viral load increase and my CD4 count drop, which indicated that I was getting ill, I stopped going for check-ups altogether, and I wasn’t taking any medication.

Once I’d dreamed of running Comrades, but now even a 10K induced a cold, and I thought that if it was this hard on my body, maybe I shouldn’t be running at all. I didn’t know yet that there would be light at the end of the tunnel, because no-one had told me about what to expect.

Then I opened a magazine, and Evelina smiled back at me from the page. Her photograph was accompanied by a story about a woman who had known hardship: Evelina had witnessed the shooting of her father, and her son had drowned. She had won her first five- and 10-kilometre races on the same day – barefoot, because she couldn’t afford running shoes. She had been involved in a taxi accident, and

suffered a cut on her knee that struggled to heal. Later, she was diagnosed with HIV.

But despite her disadvantages, Evelina had climbed the highest mountain peaks on each continent – and taken part in Comrades. I shrank. Evelina was the first person that made me realise there was nothing I couldn’t achieve, and believe in the power of speaking out.

Dave Spence, Evelina’s running coach, was an old family friend who lived a few doors down – I never got round to asking him to introduce us, because sadly, he passed away. But at his funeral, I turned around, and suddenly she was there. Evelina had a beautiful smile, and she gave me the warmest of hugs when I told her I was HIV-positive. We talked about running, and she asked me whether I had ever run a marathon.

I joined the anti-stigma organisation Evelina had co-founded, Positive Heroes, because I wanted to be an Evelina to somebody else – to inspire them in the same way she had inspired me.

Aside from upping my training distance considerably, I toured the country with

Positive Heroes and Evelina, visiting people living with HIV and showing them that HIV is a liveable disease. That with the right treatment (ARVs) and healthy nutrition, no-one should die from HIV. In telling our stories, we also gave our audience the confidence to share their status. Lots of people are scared of the stigma: it’s a terrible burden to carry on your own, only to be discriminated against when you share it.

When I had to bow out of my first Comrades at 75km, because of a tummy bug, Evelina was so encouraging, uplifting, kind and sweet. If I can run that distance vomiting on a tummy bug, I thought, then I can jolly well go back and finish it next year.

As I ran into the stadium towards the finish line at Comrades the following year, I thought of everything I’d overcome to get there. Even though I was tired, I ran a little faster. We don’t often get to live out our dreams, so I don’t know how long I cried for.

Barbara Kingsley is an HIV-awareness activist and Comrades finisher.



THE FIGHTER

“Sonja has also taken younger runners under her wing – there’s always someone she’s looking after.”

SONJA LAXTON

By Cheryl Winn

There is no one in South African running with more staying power than Sonja Laxton. Over the years, she has run everything from the 400m on the track to the marathon – and continually dominated her age group. I first raced her in the 1970s [Winn won the Comrades Marathon in 1982. – Ed], and she won every single race over the shorter distances on the road. I never got to see her track career, but when she turned to the road, she was unstoppable.

I also followed her during the late '80s and early '90s, witnessing her absolute dedication to training – when it comes to setting goals, she’s got tunnel vision. She knows exactly what she wants to do, and makes it happen... it’s what makes her tick. Two years ago, she was involved in a terrible car accident, and doctors told her she’d never run again. But she’s back and racing again... it’s just incredible.

During the days of the South African Road-Running Association (SARRA), also in the late '80s and early '90s, we introduced a special award for athletes who had made an overall contribution to the sport. I remember one year, Matthews Temane and Sonja won. It’s amazing to think that – 25 years later – she’s still making an incredible contribution to running in South Africa.

Cheryl Winn is a former winner of the Comrades Marathon, a long-time administrator in the sport, and a committee member of the Comrades Marathon Association.

WOMEN

THE ICON

“She’s just one of those all-round nice people...”

Blanche Moila

by Rowyn James



I don’t think anyone epitomises fighting spirit better than Blanche Moila. Even during the isolation days and the politics of the '70s and '80s, Blanche never let circumstances get in the way of achieving her goals.

She was a true athlete, never political, and nothing got her down. She went on to get triple Springbok colours in cross-country, track and road, and was the first black woman runner to get Springbok colours.

In 2001, she was the recipient of the Presidential Sports Award for Lifetime Sports Achievement, and won the Woman of the Year sports award in 2002. She has also run 12 Comrades Marathons (her personal best is 7:27).

But despite all of that, Blanche has always been an incredibly humble person. She’s a nurse at a psychiatric hospital and often works night shifts, which makes it difficult to fit in training. But somehow, she

has always made it work.

Blanche has also managed to maintain her femininity, in a sport that often battles with that. She is a true lady of the sport.

When I was working for Nike in sports marketing, Blanche was one of our ambassadors. She was loyal, always enthusiastic about helping out, able to handle herself well with the media, and would never hack you for gear... unlike some of our other athletes.

She’s just one of those all-round nice people, and her achievements speak volumes about her determination.

Rowyn James is the race director of the Comrades Marathon Association. He has previously worked as the race director of the Two Oceans Marathon and as the sports marketing manager for Nike SA.

FOREVER





OUNG

Teaching your children to become lifelong runners starts with ingraining habits in the early years. The result? Happy, healthy and successful children - and adults.

WORDS BY LISA NEVITT • PHOTOGRAPHS BY JAMES GARAGHTY

These are the facts: South Africa's kids are fat... and getting fatter! A 2013 South African National Health and Nutrition Examination Survey tells us that 24% of two- to five-year-old children are overweight or obese, and excessive weight gain is increasing in older children and teenagers. Sobering news for your offspring, if you consider the long-term health implications as your children grow towards adulthood and become susceptible to the diseases associated with weight gain.

Dr Catherine Draper, senior researcher in the Division of Exercise Science and Sports Medicine at the University of Cape Town, has identified some of the factors that are weakening the foundation of our children's health. In part, the trend is due to South Africa's double burden of over- and under-nutrition. But what's also apparent is that our kids are doing too little exercise.

Surprisingly, sedentary behaviour doesn't discriminate only against children living in low-income communities, who don't have access to the resources, facilities and equipment necessary for physical activity.

"In the more affluent, urban areas, children at pre-school age also have quite high levels of sedentary behaviour, because although they may do three hours of activity a day, they may then go home and sit in front of their computer or iPad," says Draper.

As carers and role models, South African parents, teachers and coaches should be concerned about establishing healthy behaviours in early childhood, for the prevention of future health risks.

"Ingraining a healthy habit like running during childhood tends to flow over into adulthood," comments Dr Org Strauss, head of the medical unit at the High Performance Centre in Pretoria. "Active children are more likely to become active adults."

So, will running save our kids?

Shaun O'Brien is a 14-year-old runner from Cape Town, who discovered his talent at a cross-country race he competed in at the age of eight. On the school sports field, he notices pupils who don't do regular exercise tend to tire more quickly than he does.

According to Strauss, O'Brien will enjoy lots more physical benefits because he runs.

He will have a stronger immune system, be less prone to allergies, colds and cancer, have lower blood pressure and a better cholesterol profile, a lower risk of type-two diabetes, a stronger bone structure, and be less likely to become overweight.

O'Brien has developed strong legs, and more muscle. He's also helped improve his cardiovascular and pulmonary function, which means a higher volume of blood pumped by the heart per minute, a lower pulse rate, lower blood pressure, and increased lung capacity.

It might also be the best way for O'Brien to become a well-balanced and contributing member of society. "Running is an irreplaceable activity for young athletes to learn fundamental life skills, like teamwork, goal-setting and hard work," says Chad Gravenorst, athlete mentor and life-skills co-ordinator at Macsteel

NUMBER-ONE FAN
Shaun O'Brien's mother,
Lorna, hopes he'll still
be running when he's 60.



FAMILY TIES
*RW senior designer
Mark Arendse
and his daughter,
Emily, regularly
participate in their
local parkrun.*



Maestros. “Athletes who collaborate with others towards a common goal through sports exhibit traits like cooperation and persistence, which provide a foundation for them to become successful in their careers and family lives when they actually become adults.”

And it makes you smarter, says Andrea Kellerman, a sports psychologist who specialises in neuro-feedback and guided visualisation peak-performance training for the mind.

“Exercise in general has been known to improve overall motivation and focus. The latest research looks at the hippocampus (a small region of the brain involved in long-term memory), which is one of only two brain structures where new brain cells are developed. Exercise enhances the birth or development of these new hippocampus neurons (nerve cells) and helps them to live longer – which is why exercise

“...letting your child figure things out by themselves is an empowering experience.”

improves learning and memory, too.”

Running aids O’Brien’s concentration at school, and he observes that classmates who are less successful academically tend not to do regular exercise.

And according to Kellerman, running helps kids cope with anxiety and negative emotions, because exercise releases the feel-good and ‘happy’ hormones dopamine and serotonin, paving the way for rational and objective thinking – and having a sense of achievement and contentment, instead of emotional outbursts.

“Many parents enrol their kids in running as a means to build character and self-esteem,” says Kellerman. “Interaction with peers and coaches shapes how kids feel about themselves, and fosters a sense of belonging.” Running has definitely helped O’Brien to feel more confident, and

has improved his social status.

Understanding the growing athlete

Children cannot simply be regarded as ‘mini-adults’, because their bodies and minds – and the effect running has on both – differ significantly.

Kids are still growing, which means that the growth plates in their bones are still open, and the tendons and bones attached to them are immature, says Strauss. This means that if they run too much, with inadequate recovery and rest, they are more likely to suffer from repetitive overuse injuries.

“One common injury in growing children is painful inflammation of the growth plates of the knee and heel,” explains Dr Cordelia Carter, assistant professor of orthopaedics and rehabilitation at the Yale School of Medicine.

O’Brien’s running-technique coach Sean Tait recalls an injury his young athlete picked up last year. O’Brien had been on holiday for three weeks, and during that time did almost nothing in terms of physical activity. He then returned to running during peak season, undertrained for the demands of running at race pace – resulting in a pulled calf muscle.

“Usually injuries like this will resolve with rest, ice, anti-inflammatories and stretching. If the pain persists, worsens progressively, or interferes with daily life activities such as sleeping, then visiting a physiotherapist can be helpful,” advises Carter. “Tools to prevent this type of running injury include encouraging cross-training, and ensuring that young runners get adequate rest during and between seasons.

“In addition to skeletal growth, the makeup of children’s bodies changes enormously during adolescence. A telltale sign of overtraining in a young female runner is delay in onset of the menstrual cycle: one study of highly trained female athletes reported a five-month delay in the start of the menstrual cycle for each year that a young female trained too intensively beforehand.”

The minds of young runners are also growing, says Dr Joe Baker, associate professor at the School of Kinesiology and Health Science at York University in Canada. “They have specific social, psychological and physical needs that are unique to their stage of development. Also, they haven’t had the same life experience as adults.”

A controlling parenting style, says Mary-Ann Dove, founder of PositiveSportParent and PositiveSportCoach, tends to force the young athlete in a particular direction, doesn’t support their independence, closes communication channels, and is less sensitive to the child’s moods. This in turn increases the pressure and expectations felt by the child, which may lead to decreased performance – and eventually, discontinuation of the sport.

In some cases, observes Kellerman, sports pressure can also be self-inflicted. Some kids are natural perfectionists, and are too hard on themselves when things don’t go their way. Children may also feel as though winning is the only way to earn the approval of the adults they respect.

So how can you tell if your child is stressed out?

“You need to be aware of how your child is feeling: are they sleeping well? How are they managing at school?” advises Kellerman. “If there are signs your child isn’t coping, find ways of decreasing the pressure. Open communication helps children to express themselves. Highlight your child’s strengths, praise them when they’ve performed well, and be supportive at all times – even if things don’t work out.”

According to Baker, letting your child figure things out by themselves is an empowering experience.

“That doesn’t mean you shouldn’t be



Exercise improves learning and memory, and helps kids cope with anxiety and negative emotions.

TAIT'S TRAINING TIPS

Stage	Age	Skills	Distances
'FUNDamental'	Girls 6-8yrs, boys 6-9yrs	Techniques associated with speed, agility and quickness	50m, progressing to 400m and 1 000m
Learn to Train	Girls 8-11, boys 9-11	Sport-specific	3 000m
Adolescent	U19	Endurance	6km
Young Adult	19-21	Distance running	10-21km

involved, but you must let your child 'own' their experience. That's the recipe for creating the long-term motivation and love of sport necessary for elite performance. And in the likely occurrence your child doesn't become an Olympian, they'll still love running."

O'Brien's parents are the ideal balance between attached and detached. His mother Lorna hopes he'll still be running when he's 60 years old. "Of course we'll

support him, but we're not there to push him. That has to come from him."

Are we born winners?

Dr John H. Mahoney and his colleagues at the University of Queensland in Australia define mental toughness as "a personal capacity to produce consistently high levels of subjective (personal goal achievement), or objective (race times) performance, despite everyday challenges and stressors, as well as significant adversities". O'Brien, by his own admission, is determined, dedicated and disciplined – attributes, according to Mahoney, that make him more likely to believe his actions are self-chosen, that he is competent, and that he is meaningfully connected to a wider social network.

"My short-term running goal is to make the SA Schools cross-country team, and there's always someone you want to catch. My long-term goal is to run the Comrades in under six hours," he says. "Generally, I don't have to deal with disappointment, because if I don't achieve the little goals along the way, I set out to do it better next time. I put it behind me, and I learn from it."

But if, when you don't hit that magical PB, you crawl into a ball and don't come out for a couple of weeks, says Baker, then you probably don't have what it takes to become a successful runner.

"That's why it's easier to tell whether someone will *not* become a talented athlete, because they don't have the right psychological characteristics."

Another marker of success is how kids respond to coaching, commonly referred to as 'coachability'. "It's alright for a young athlete to thank you for their programme,



O'Brien hopes that one day he'll run the Comrades in under six hours.

but you need to trust that they'll go home and follow it to the letter," says Tait. "Shaun is diligent, he listens, and he'll ask for his next programme sometimes as early as five days in advance, because he's eager to know what he's got to do next. He's very keen."

O'Brien's intrinsic motivation will be very important to keeping him involved in running when things get challenging, Baker points out; and if an athlete doesn't have this quality early on, they probably won't stay involved into adulthood.

Training your tykes

Playful practice in early childhood may be critical if you want your kids to participate in sport in the long term, because if you think of how we develop motivation, it's through the enjoyment of play.

"Participate in a wide range of sports early on, and you'll develop a range of motor experiences, so that you're a well-rounded physical mover," advises Baker. "The things that are happening for the beginner runner are huge, and include big changes in stroke volume (the amount of blood pumped out of the heart to the rest of the body) and cardiovascular efficiency (how well you can distribute blood and oxygen through the body). So anything with an aerobic capacity can drive those changes."

With children, the initial focus should be on learning *how* to run, and how to enjoy it, advises Tait. As they approach their teens, that focus will shift to physiological developments to improve speed (which is a skill) and their ability to sustain speed



over their race distances (which should be short in comparison to adult races).

And if you look at the large variety of sports available to us, adds Tait, “the one common denominator in all of them is to be able to run efficiently, quickly and with control over our bodies.”

Notice those short distances in the table on page 72, even for young adults? “That’s because your kid will see greater benefits from racing between 10 and 21km, before attempting to race a marathon,” explains Tait. “The peak age for endurance athletes is 28 to 32 years, so advise them to stay away from marathons until they’re at least 25.”

O’Brien runs four to five times a week, depending on whether he has a hard or a rest week on his training programme. Usually that consists of two coached training sessions: one easy technique session, and another harder session that focuses on speed. Alone, he does one

“...the one common denominator is to be able to run quickly, efficiently, and with control over our bodies.”

harder tempo or hill session, and the rest are easy runs. His sessions can be long and intense, at times, but recovery days and proper rest always follow them.

Although O’Brien handles the subtle rises and falls that come with racing well, Tait also allows him to build up his confidence via training goals, such as improving his personal best over a handful of 400-metre sets. He must do four races in the season to qualify for the SA Schools cross-country team, but the rest are used as training runs.

“A race is merely a test of what we’re capable of. Think of a race as an exam –

although it tests your ability, you don’t learn anything from writing it. If you want to improve your score, you need to go back and study – not write the exam over and over, until hopefully you get a different result. That’s why focused and functional training will see greater improvements than a packed racing schedule, where the athlete beats themselves up, day after day.

“There is always some level of pressure in competition, and it’s healthy for kids to experience this on a somewhat smaller scale.”

Athletes can suffer pitfalls, injuries and losses – or they simply might not be ready to move on to the next stage of their programme – which is why regular testing, and the ability to adapt the programme accordingly, really is the art of coaching. And instead of throwing exercise at children, we need to garner their interest by telling kids *why* they need it, from both the sport and the individual perspective.

“I’ll set a plan for Shaun, assuming he’s going to do everything on it. The next step is for him to refer back to me as to how each session went, and how he coped with it – not just if he picks up an injury, but also if he’s making the sets,” says Tait. “If I’m setting him time intervals, he needs to tell me if he’s a few seconds behind, or if it was too easy. Then I’ll know what I need to do to help him improve.”

No matter how exhausted O’Brien is after a session, he’s never burnt out, because Tait has never extended him beyond his capabilities, Lorna O’Brien observes. “This has ensured a high-spirited and stable athlete, who is self-motivated – and loves running!”

What’s the upshot?

Running is an important part of our kids’ development – it has physical and mental benefits that could not only set your kids up for life, but tackle the wider problem of overweight and obesity in South Africa.

But according to Dove, it should be borne in mind that as much as running benefits development, it can also have unintended costs, should it be overemphasised or practised inappropriately.

If you and your children act now, and approach running the right way, then perhaps the results of the next national survey will be different. 





FEATURED RACE

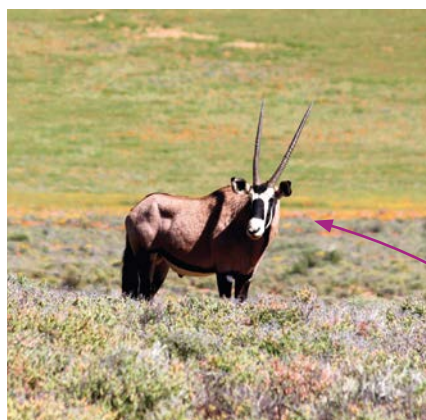
Namaqua Quest 4-Day Stage Race

A blooming marvellous adventure!

*Unique
Features:
A visual
feast for trail
runners.*



An arid desert in winter, but come spring there are carpets of flowers.



day, watch a slide show and video of the action, and stick around for the not-to-be-missed prize-giving braai on the final day.

Still ravenous? Sink your chops into lip-smacking Namaqua fare...

Tauren Steak Ranch, Springbok: sizzling steak, on an open grill. 027 712 2717
Grasdak: family-friendly steakhouse. Generous portions. 027 718 3488
Melkboschkuil Plaaskombuis: the original farm upon which Springbok was first established. Traditional meals, homemade pies. 083 255 7689

WHERE TO STAY

Accommodation close to the race village...

Hotel

The Masonic Hotel: from R815. 027 712 1505
Springbok Hotel: from R785. 027 712 1161
Kokerboom Motel: from R745. 027 712 2685



THE DETAILS

Date:

Wednesday 26 – Saturday 29 August

Venue: Jakkalswater Guest Farm (between Springbok and Nababeep), Namaqualand
Distance and time: 120km stage race (4 days); 29 August: 35km: 7:30am

Entries and registration: Pre-entries, available at www.namaquaquest.co.za, will close when 150 entries have been filled, or on 15 August. There will be no late entries for the stage race, but you can enter the 35km on race day.

Website: www.namaquaquest.co.za

WHAT TO EXPECT

When you think of Namaqualand, flower-covered valleys spring to mind, but this arid semi-desert has even more unique features that make it a visual feast: rugged granite mountains, an ancient canyon carved by the hands of time, and plains where gembok, zebra and springbok graze.

FINISHED. NOW WHAT?

The farm acts as both the start and finish point, and a race village for runners and their supporters, offering a variety of accommodation and meals. At the end of each

Lodges & Guesthouses

Old Mill Lodge: from R780. 027 718 1705
Kleinplasie Guesthouse: from R1 560. 027 712 1141

Self-Catering & B&B

Biesjesfontein B&B: from R500. 083 261 3658
Desert Rose Guesthouse: from R865. 027 712 2330

Camping/Caravanning

Namastat Caravan: from R50. 027 718 1832

WHAT ELSE TO DO

In and around Nababeep, Springbok and Namaqualand...

Nature in abundance...

Goegap Nature Reserve; Skilpad Wild Flower Reserve

Neighbouring towns...

Granite ore bins and Orbicule Hill (national monument) at Concordia; Kamieskroon; Shipwreck 4x4 trail; Port Nolloth (and its lighthouse); Pofadder (and 4x4 trails with Dinky's Dunes); Kookfontein Eye (natural spring) at Steinkopf; the Post Box at Calvinia; Spitfire Rock and Dog Stone at Hondeklipbaai

Family-friendly...

Mining Museum, Nababeep; Fly-fishing on Orange River; Namaqua Caracal 4x4 Trail

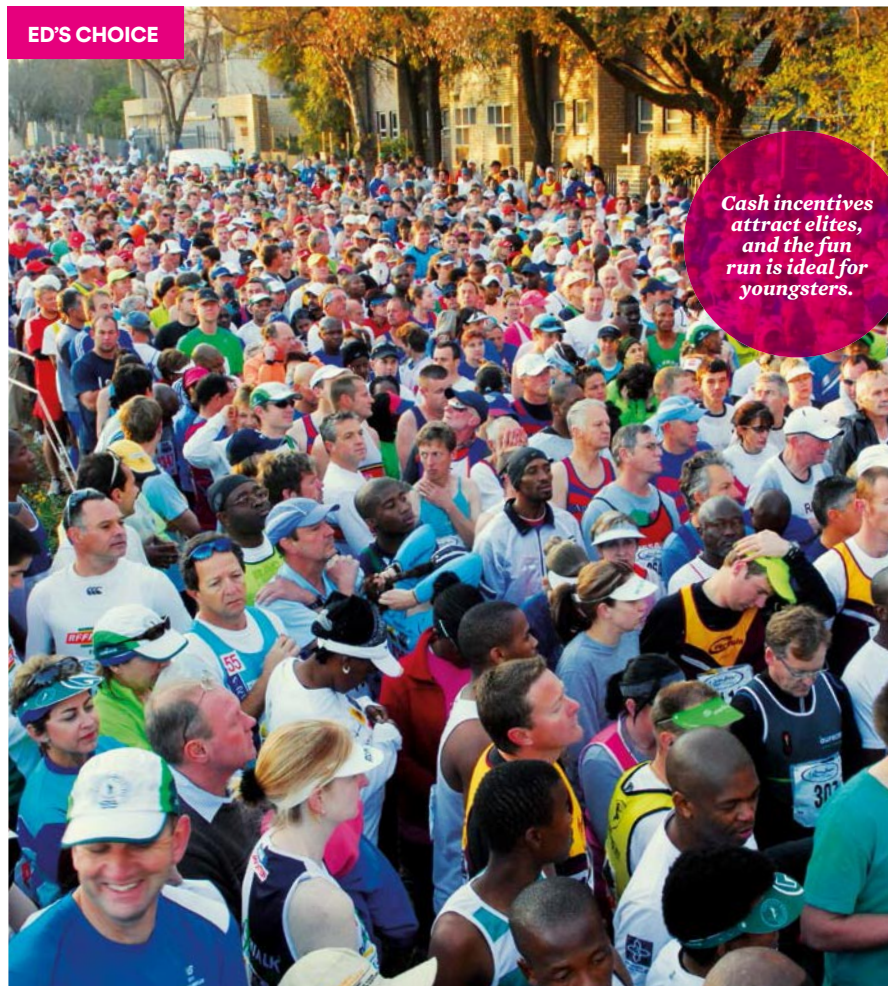


RACE DIARY

All the August running, multi-sport and adventure race listings.

Compiled by Craig Duncan, race editor (rwraceeditor@gmail.com)

ED'S CHOICE



Cash incentives attract elites, and the fun run is ideal for youngsters.

WESTERN CAPE

BOLAND

SATURDAY 1 AUGUST

5 10 21.1 42.2

30th PPC Riebeeck Berg Marathon, Half, 10km, 5km Fun Run

PPC Cement Plant, Riebeeck West; 42.2km: 7:30am; 21.1km: 8am; 10km: 8:30am; 5km Fun Run: 8:45am
Ilze Vlok 079 523 5145
www.ppc.co.za

SOUTH-WESTERN DISTRICTS

SATURDAY 1 AUGUST

5 15 21.1

SAPS Herbertsdale Race Against Crime

Agriculture Hall (opposite the police station), Herbertsdale; 21.1km Run/Walk & 15km Run/Walk: 8am; 5km Fun Run: 8:15am
Diane Oosthuizen 084 369 2731
www.aswd.co.za

SATURDAY 22 AUGUST

21.1

Saasveld Half Marathon

Saasveld (NMMU) Campus, Saasveld Road, George; 21.1km: 8am
Richard Els 083 627 9098

SATURDAY 29 AUGUST

1 4 6 10

Tramonto Wedding Runs

Tramonto Wedding Venue, 233 Moeras Rivier, Geelhoutboom, George; 10km Tramonto Sunrise Wedding Run: 8am; 6km Trail Run: 9am; 4km Trail Run: 10am; 1km dash: 12pm; 10km Tramonto Sunset Wedding Run: 3pm
Thia Landsberg 083 477 4780

WESTERN PROVINCE

SUNDAY 2 AUGUST

5 10

McKenna & Scott Pinelands 10km & 5km Fun Run

Lower Oval, Pinelands, Cape Town; 10km: 7:30am; 5km Fun Run: 7:45am
Dion Stevens 082 730 8320

SATURDAY 8 AUGUST

5 21.1

Brackenfell Pick n Pay Family Store Half Marathon & 5km Fun Run

Brackenfell Primary School, Brackenfell; 21.1km: 7am; 5km Fun Run: 7:15am
David McCarthy 079 913 0618

MONDAY 10 AUGUST

5 10

Totalsports Women's Race

Town Hall, Plein Street, Stellenbosch; 10km & 5km Fun Run: 8am
Enquiries 021 511 7130
www.totalsportswomensrace.com



GAUTENG NORTH

SATURDAY 15 AUGUST

5 15

Ocean Basket Marcel van't Slot Memorial Race

Pretoria Boys High School, 251 Roper Street, Brooklyn, Pretoria; 15km; Walk: 6:50am, Run: 7am; 5km Fun Run: 7:15am
Dimitri Kavallineas 082 773 3603

R5 000 will be awarded to the first man to beat Mzazi's record (44.38) and the first woman to beat Nyahora's record (53.54) over the 15-kilometre race, and this incentive will attract some of South Africa's top athletes. But the race also caters for walkers, and the fun run is ideal for youngsters.



DISTANCE ICONS: FIND EVENTS WITH YOUR FAVOURITE DISTANCES QUICKLY, USING THE FOLLOWING KEY: **0-9KM** **10-19KM** **20-29KM** **30+KM**

5 10

Women's Day Challenge
Central Park, Intaka Island, Century
City; 10km & 5km Fun Run: 7:30am
Stephan Roux 082 433 0230
www.womensdaychallenge.org.za

SUNDAY 16 AUGUST

30

Reutech Solutions John Korasie 30km
Navy Sports Field, Simon's Town;
30km: 7am
Mickey Trauernicht 084 645 5340

SATURDAY 22 AUGUST

5 21.1

Atlantis 21km
Westfleur Park, Atlantis; 21.1km: 8am;
5km Fun Run: 8:10am
Desmond Arendse 084 392 1061 / 021
918 2249 (w)

SATURDAY 29 AUGUST

5 10 21.1

ArcelorMittal Saldanha
Club Mykonos, Mykonos Access Road,
Langebaan; 21.1km: 8am; 10km & 5km
Fun Run: 8:10am
Bossie Boshoff 083 462 4400

SUNDAY 30 AUGUST

5 10

Khayelitsha 10
Mandela Park, Khayelitsha; 10km: 7am;
5km Fun Run: 7:30am
Patience Nkholha 083 946 7154

GAUTENG

CENTRAL GAUTENG

SUNDAY 9 AUGUST

5 10

Totalsports Women's Race
Mary Fitzgerald Square, Newtown,
Emmarentia; 10km & 5km Fun Run: 8am
Enquiries 021 511 7130
www.totalsportswomensrace.com

5 10

Zoo Trot 10km & 5km
Centenary Lawn at the Johannesburg
Zoo, Johannesburg; 10km & 5km Fun
Run: 7:30am
Sophia Mtshali 011 646 2000 (ext. 221)

MONDAY 10 AUGUST

5 10 21.1

Old Eds Road Race
Old Edwardians Club, 11th-
9th Avenue, Lower Houghton,
Johannesburg; 21.1km & 10km Run:
8am; 10km Walk: 8:15am; 5km Fun
Run: 8:30am
Anne Pratt 011 728 7335
www.oldereds.co.za

SUNDAY 30 AUGUST

5 10 21.1

Wanderers Half Marathon & 10km Road Race/Walk
Wanderers Club, North Road, Illovo,
Johannesburg; 21.1km & 10km Run:
7am; 10km Walk: 7:10am; 5km Fun Run:
7:15am
Graham Calder 083 274 9906
sportsvendo.co.za

ED'S CHOICE



CENTRAL GAUTENG

SUNDAY 23 AUGUST

5.8 10 21.1

Arthro Choice Half Marathon & IcyHot 10km Run/Walk

Kyalami Equestrian Park, 1 Dahlia Road, Kyalami;
21.1km & 10km: 7am; 5.8km Fun Run: 7:15am
Marietjie Airey 082 801 5666 /
011 468 4510 (ext. 202)

Quiet, country roads undulate through beautiful Kyalami and Sun Valley. At the finish line there are jumping castles, massages, food vendors and a cash bar. This year's beneficiary is Cluny Farm, a home for mentally challenged adults. Interesting fact: in 2013, Midrand Striders, in collaboration with Cova Advisory, became the first club to fully offset carbon emissions associated with their race.

GAUTENG NORTH

SATURDAY 1 AUGUST

5 10 21.1

Tshwane Half Marathon & 10km
Medunsa Campus, Ga-Rankuwa
(Pretoria Rural); 21.1km & 10km: 7am;
5km Fun Run: 7:15am
Dukes Mokonoto 082 412 5673

MONDAY 10 AUGUST

5 10

Castle Walk 10km & 5km
Castle Walk Shopping Centre, Nossob
Street, Pretoria; 10km: 7am; 5km Fun
Run: 7:15am
Race secretary (Alicia) 012 347 5795
(9am-4pm) /
073 830 7051

SATURDAY 22 AUGUST

2 5 10 21.1

Wierie Road Race
Entrance 6, Centurion Mall, Centurion;
21.1km & 10km: 6:30am; 5km Fun Run:
7am; 2km Fun Run: 7:10am
Tiaan 082 500 2418

FRIDAY 28 - SATURDAY 29 AUGUST

160

Dawn2Dusk 12-hour Circuit
Akasia High School, Akasia, Pretoria
North; 28 August: 100 miler: 4pm; 29
August: 12 hour: 6am
Gerrie Strydom 082 940 5453
dawn2dusk.run4life.co.za

SATURDAY 29 AUGUST

5 10

Spar Women's Challenge
SuperSport Park, 283 West Avenue,

Centurion; 10km & 5km Fun Run: 2pm
Race Office 011 203 5303
www.sparwomensrace.co.za

EASTERN CAPE

BORDER

SATURDAY 8 AUGUST

21.1

Oak Cottage KwikSpar Mountain Drive Half Marathon
Rhodes University Prospectus Field, African
Street, Grahamstown; 21.1km Run/Walk:
8am (cut-off for both is 12pm)
Stephen 082 468 8384
www.facebook.com/
kwiksparmountaindrive

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Familiar forest trails, with a few new surprises thrown in.

ED'S CHOICE



(TRAIL RUNNING)
KWAZULU-NATAL

SUNDAY 9 AUGUST

5 10 16

Mtunzini Bush Challenge

Mtunzini Town Hall, Mtunzini, North Coast; 16km & 10km: 7am; 5km Fun Run: 7:05am
Paul Mannix 082 571 6559
www.mtunziniac.co.za

This year, the 16km race has undergone an interesting update – a section of the golf course has been replaced by awesome trail, through the beautiful Zini River Estate. Then it reverts to familiar territory, through natural forest, onto the Raphia Palm boardwalk, into the nature reserve, along the beach, and then on to fresh-cut trails that lead back to the club house.



SUNDAY 9 AUGUST

42.2

Amathole Marathon / Border Marathon Championships

Main Road, Stutterheim; 42.2km: 6am
Alex Kambule 084 202 4872

SATURDAY 15 AUGUST

5

Dale Eldridge Live Love Laugh Fun Run

Old Selbornian Club, Pearce Street, East London; 5km: 2:30pm
Sharon Eldridge 083 284 3781

SUNDAY 30 AUGUST

5 10

Mdantsane 10km & 5km

Sisa Dukashe Stadium, Mdantsane; 10km: 7am; 5km Fun Run: 7:15am
Alex Kambule 074 139 0550

EASTERN PROVINCE

SUNDAY 9 AUGUST

3

Leo Baeck 3km Memorial Walk/Run

PE Progressive Jewish Congregation, 7A Upper Dickens Street, Central, Port Elizabeth; 3km: 10am
Yonah Blackman 041 373 6642
www.templeisraelpe.co.za

FREE STATE

SATURDAY 8 AUGUST

50

Blood Buddy Ultra Marathon

Memel Church, Church Road, Memel, to Newcastle, KZN; 50km: 6am
Johan Pieters 082 923 0078
www.memelwalk.co.za

FRIDAY 21 AUGUST

1.5 5 10

MediClinic Eskom Athletic Club FS Road Race

Main gate, MediClinic Welkom; 1.5km Wheelchair Race: 4pm; 1.5km Children's Race (6-13 yrs): 4:30pm; 100m Toddler Dash (3-5 yrs): 5pm; Ladies Only 5km Fun Run/Big Walk: 6pm; 10km: 7pm
Anton Coetzee 072 220 7913 / Hilde Du Plessis 072 499 2602

NORTHERN CAPE

GRICUALAND WEST

SATURDAY 29 AUGUST

5 10 21.1

Newton Workwear Depot Half Marathon & 10km

Newton Primary School, Halkett Road, Kimberley; 21.1km, 10km & 5km Fun Run: 7am
Boontjie Boonzaier 083 652 3540 / Newton School 053 831 1705
www.laerskoolnewton.co.za

NORTH WEST CAPE

No races scheduled for this period.

KWAZULU-NATAL

SATURDAY 1 AUGUST

60 80

The Longest Day 12-hour

Track Race

Collegians Club, 381 Boshoff Street, Pietermaritzburg; 12 hour Run/Walk (minimum 80km for runners and 60km for walkers to qualify for a medal):

7am – 7pm

Les Burnard 082 336 7244 /

Andre Booysen 082 318 5137

www.collegiansharriers.co.za

SUNDAY 9 AUGUST

5 10

Women in Action Ladies' 10km

Challenge

Chatsworth Stadium, Trisula Drive, Chatsworth; 10km: 8am; 5km Fun Run: 8:30am

Dees Govender 083 785 4333 /

031 404 6287

SATURDAY 15 AUGUST

5 15

The Capital Climb

Voortrekker High School, Pietermaritzburg; 15km & 5km Fun Run: 8am

Tony Morrison 083 374 9502

SUNDAY 16 AUGUST

10

Merewent 10km Run/Walk

Dhubri Road Grounds, Merebank; 10km: 7am

Pat Pather 081 023 9821

SUNDAY 23 AUGUST

5 10

Spar Women's Challenge

The Oval Stadium, Alexandra Park, Pietermaritzburg; 10km & 5km Fun Run: 8:30am

Race Office 031 312 9374

www.sparwomensrace.co.za

10 21

Supa Mama Savages Half Marathon Challenge & 10km Run/Walk

Lumsden Crescent (opposite the Girl Guides' Hall and close to Morningside School), Durban; 21.1km & 10km: 6:30am

Kevin Bradfield 078 281 6981

www.savagesac.co.za/Race.php

SUNDAY 30 AUGUST

10 21 42

Mandela Day Marathon

Mandela Capture Site, Imbali township, Pietermaritzburg; 42.2km: 7am; Marathon Halfway Mark, Hilliary Road, Hilton; 21.1km: 6:45am; Howick Sports Grounds; 10km: 7am

Mbali Mwanda (KZN Athletics)

033 897 6713

www.mandelamarathon.co.za

SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: WWW.RUNNERSWORLD.CO.ZA/RACE-CALENDAR

MPUMALANGA

SATURDAY 1 AUGUST

21

Skukuza Castle Lager Half

Marathon

Skukuza Rugby Field, Staff Village,

Skukuza; 21.1km: 8:30am

Martie Oosthuizen 076 737 9732 /

082 680 3864

www.krugerparkmc.co.za

SATURDAY 22 AUGUST

4.5 15 28

Rotary Greatest Train Race

Witbank Station, Emalahleni (Witbank) to Middelburg; 28km, 15km & 4.5km

Fun Run: 8am

Elsabe Dawson 086 118 7246

www.gtr.co.za

LIMPOPO

SATURDAY 15 AUGUST

5 10 21 32 42

Exxaro Mogol Marathon

Lephalale Mall, corner of Nelson

Mandela and Chris Hani Avenue,

Onverwacht, Lephalale; 42.2km, 32km

& 21.1km: 6am; 10km: 6:15am; 5km Fun

Run: 6:30am

Wikus Geyser 083 304 1073

FRIDAY 21 AUGUST

9

St. Peter's 9km Nite Fun Run

St Peter's Anglican Church, corner

of Agatha and Hermanus Streets,

Tzaneen; 9km: 6:30pm

Wendy Graham 015 307 3534

SATURDAY 29 AUGUST

5 10 21

Tzaneen Spring Opener

Venue TBA; 21.1km, 10km & 5km Fun

Run: 6am

Paul Zaayman 083 460 4202

TRAIL RUNNING

SATURDAY 1 AUGUST

5 10 21

Green Forest Trail Run Series #1

Top of Lebanon Forest, Grabouw;

21.1km: 8:30am; 10km: 9am; Gordon's

Country Kitchen, Thandi Farm, N2,

Grabouw; 5km: 9am

Dominique Provoyeur 084 363 4104 /

Race Interface 082 372 3311

www.raceinterface.co.za

53

Merrell Whale of Trail, in

partnership with Cape Nature

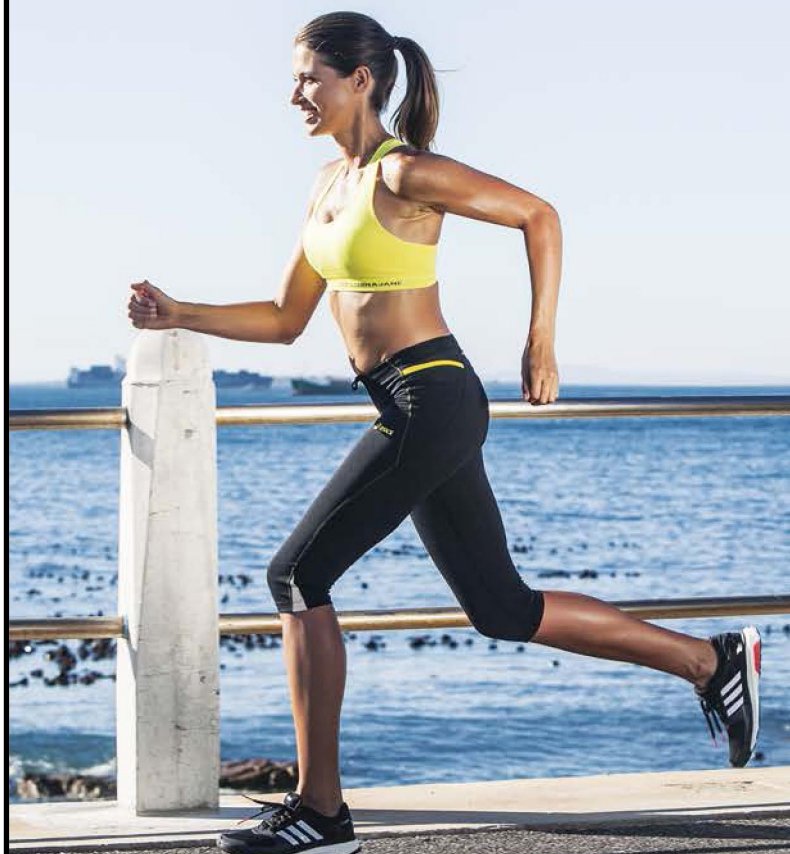
Potberg Nature Reserve, Overberg (3

hours from Cape Town, close to Cape

Agulhas); 53km: 7am

Tatum Prins 083 449 0760

www.whaleoftrail.co.za



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runnersworld.co.za/rwtrainingplans



(WALKING) WESTERN PROVINCE

SUNDAY 23 AUGUST

5 10

PSFA Blisters for Bread Charity Fun Walk

Green Point Cricket Club, Cape Town;

10km: 8am; 5km: 8:30am

Top Events 021 511 7130

www.topevents.co.za

This annual, charity fun walk is an institution in Cape Town, and will be held for the 46th year in 2015. All funds raised will be donated to a local school feeding programme, which pledges to give learners access to at least one good meal a day. Entries are limited to 12 000 – although that seems like a lot, you have to be quick off the draw, because they're snapped up like hot cakes.

5 10 22 45

Ngoje Trail Run

Brocklee Dam, Eshowe; 'Grand Old Lady' 45km: 5:30am;

22km: 6:30am; 10km: 9am; 5km: 9:15am

www.roag.co.za

15 36.5

The Num-Num Challenge

Num-Num Trail, (between Machadodorp and Badplaas),

R541; 36.5km: 6:30am; 15km: 7:30am

Francis Darvall 082 889 6757

www.thenum-numtrail.co.za

SUNDAY 2 AUGUST

7-9 13-15

Spur Cape Winter Trail Series™ 3 of 4

Taalmonument and Paarl Mountain Reserve, Paarl; 13-

15km: 9am; 7-9km: 9:15am

Wildrunner 021 821 9898 / 072 438 3242

www.trailseries.co.za

5 10 20

Umkhombi Trail Event

Bishopstowe Hall, Pietermaritzburg; 20km, 10km &

5km: 7am

www.kzntrailrunning.co.za

WEDNESDAY 5 AUGUST

4 8

Kinetic Night Trail Run

Parkview Golf Club, corner of Wicklow and Emmarentia

Avenue, Johannesburg; 8km: 7:30pm; 4km: 7:40pm

Stephan Muller 083 226 3265

www.kineticgear.co.za

SATURDAY 8 - MONDAY 10 AUGUST

19 30

The afb Southern Cross (SOX) 3-Day Trail Run

Ebb-and-Flow Rest Camp, Garden Route SANParks,

Wilderness; 8 August (Day 1): 30km Mountain Stage; 9

August (Day 2): 30km Forest Stage; 10 August (Day 3):

19km Coastal Stage: 8am

Race Office 072 347 6876

www.soxtrailrun.co.za

SUNDAY 9 AUGUST

18

3 Falls Trail Run

Forest View Primary School, Forest Hill, Kloof, KZN;

18km: 6:30am

Kloof Conservancy 083 626 8684

www.kloofconservancy.org.za

10 30

Circles in the Forest

Mother Holly Tea Garden, Millwood State Forest,

Rheendal (near Knysna), WC; 30km & 10km: 8am

Race Office 072 347 6876

www.trisport.co.za

TUESDAY 11 AUGUST

4 8

Brooks Dark Run

Glenvista Country Club, Vorster Avenue, Glenvista,

Johannesburg; 8km & 4km: 7:30pm

Paul Confait 011 432 3271

www.glenvistacountryclub.com

WEDNESDAY 12 AUGUST

5 10

Giba Monthly Night Trail

Giba Gorge, 110 Stockville Road, Pinetown; 10km &

5km: 6pm

Andrew Booth 082 603 4098

www.kzntrailrunning.co.za

4 8

Jackal Creek Night Run Series

Jackal Creek Golf Estate, Boundary Road, Northriding;

8km & 4km: 7:20pm

Corné Van Zyl 011 053 9153

www.facebook.com/jackalcreekgym

SATURDAY 15 AUGUST

6 12 20

Forever Lodge Mount Sheba Trail Run

Mount Sheba, a Forever Lodge, R533, between

Lydenburg and Pilgrim's Rest; 20km, 12km & 6km: 7am

onwards

Clive Smart 082 894 0432

www.ilangatrails.co.za

23-24

Kleinmond XL

Kogelberg Biosphere Reserve, Kleinmond; 23-24km:

8:30am

Wildrunner 021 821 9898 / 072 438 3242

www.trailseries.co.za

7-9 13-15

Spur Cape Winter Trail Series™ 4 of 4

Kogelberg Biosphere Reserve, Kleinmond; 13-15km:

9:15am; 7-9km: 9:35am

Wildrunner 021 821 9898 / 072 438 3242

www.trailseries.co.za

12 22 36

The Crazy Store Magaliesberg Challenge

Van Gaalen's Cheese Farm, Hartbeespoort; 36km:

8:15am; 22km: 8:30am; 12km: 9:30am

Esti Pretorius 021 424 4579

www.energyevents.co.za

SUNDAY 16 AUGUST

6 12 21

Marriott Dargle Trails Festival

Lions River Club, Dargle; 21km: 7am; 12km & 6km:

7:15am

Julia 073 141 4844

www.dargletrailsfestival.co.za

14

Sandy Umhlanga to Durban On The Beach (run completely on the beach)

Whale Bone Pier, Umhlanga; 14km; Walk: 9am; Run:

9:30am

Billy Harker 082 654 6542

5 10 22 50

Umngeni River Run

Maweni Trail Centre, (Cumberland Nature Reserve, 20

minutes from Pietermaritzburg); 50km; 6:30am; 22km,

10km & 5km: 7:30am

Andrew Booth 082 603 4098

www.kzntrailrunning.co.za

7 14 21

Weenen Nature Reserve 21km Trail Run

Weenen Game Reserve Camp Site, Weenen Road (off

Colenso Road, close to Estcourt); 21km & 14km: 7am;

7km: 7:05am

Brian van der Bank 082 779 8406

SATURDAY 22 AUGUST

80

PUFFeR

Cape Point to V&A Waterfront, Cape Town; 80km:

5:30am

Andy Campbell 082 799 6785

puffer.fishhoek.com

6 12

Tough-Man 2

Freedom Trails, 40 Shongweni Road, Hillcrest; 12km &

6km: 7am

B-Active 031 764 1885

www.bactive.com

21

White Clay 21km Trail Run

Ocean View Coffee Bay Hotel, 1 Main Road, Coffee Bay;

21km; Run: 7am; Walk: 7:15am

Russell Sparg 082 411 1711

SUNDAY 23 AUGUST

7 11.5 15

Falke Winter Trail Run

Uitkyk Wine Estate, (on R44, approx. 12km from

Stellenbosch); 15km: 8:30am; 11.5km: 8:45am; 7km: 9am

Dirtopia Trail Centre 021 884 4752

www.dirtopia.co.za

8 20

Scrub Hare

Warthog Bush Lodge, Magaliesburg; 20km & 8km:
7:30am
Nina Durieux 083 275 2362
www.myroadlesstravelled.co.za

5 10 18

XDirt Ugly Six Trail Running Series

Kwa Mjeke Jeke (close to Buffelsdrift); 18km, 10km &
5km: 7:30am
Assie 079 524 7914

THURSDAY 27 AUGUST

5 8

Merrell Spring Night Run powered by Black Diamond, Johannesburg

Delta Park, Johannesburg; 8km & 5km: 6:30pm
Tatum Prins 083 449 0760
www.mountainrunner.co.za

SATURDAY 29 AUGUST

10 21

BOTTER Trail Run

Beaumont Wine Estate, Compagnes Drift Farm,
Botrivier; 21km: 8am; 10km: 8:05am
Ugene Nel 082 658 3078
www.quantumadventures.co.za

5 10

Klerksdorp Record Trail Run

Dorinkruin Mountain Bike Park, Buffeldoorn Road,
Doringkruin; 5km: 7am; 10km: 7:40
Robin Stocken 0824693330 /
Marius van Heerden 082 487 7290
www.klerksdorpmarathon.co.za

5 15

Mandela Day Trail

Mandela Capture Site, R103, Howick; 15km & 5km: 7am
www.kzntrailrunning.co.za

6 12

Merrell Spring Run presented by Nikwax

Walter Sisulu National Botanical Garden, Roodepoort,
Johannesburg; 12km & 6km: 9am
Tatum Prins 083 449 0760
www.mountainrunner.co.za

5 18 30

Namaqua Daisy Trail Run

Die Keldery, Spruitdrift Cellar (on R363 between Klawer
and Vredendal); 30km: 7:15am; 18km: 7:30am; 5km:
8:30am
Reinier 082 321 5200
www.daisychallenge.weebly.com

5 16

The Southernmost Fun Run in Africa

Zoetendal Academy, Melkbos Street, L'Agulhas,
Struisbaai; 16km & 5km Fun Run: 8am
Herman Oosthuizen 082 586 4409

4 6

Tramonto Wedding Trail Run

Tramonto Wedding Venue, 233 Moeras Rivier,
Geelhoutboom, George; 6km Trail Run: 9am; 4km Trail
Run: 10am
Thia Landsberg 083 477 4780

SUNDAY 30 AUGUST

5 7.5 12.5 15

Change of Season Trail Run, presented by Sportsmans Warehouse

Dirtopia Trail Centre, Delvera Farm, (R44, approx. 10km
from Stellenbosch); 15km: 8am; 12.5km: 8:15am; 7.5km:

8:30am; 5km: 8:45am
Dirtopia 021 884 4752
www.dirtopia.co.za

13 26

Hopefield Trail Run & MTB – Fynbos Festival

Hopefield Sports Grounds, Hopefield; 26km & 13km:
10am
Willem Schoeman 082 923 2553

5 10 20

Howick Highlander

Karkloof Farmer's Market, (2.5km from Howick, along
the Karkloof Road (access from D507)); 20km: 7am;
10km: 7:05am; 5km: 7:10am
Alan Miller info@howickhighlander.co.za
www.howickhighlander.co.za

5 10

SPCA Trail Run

Umgeni SPCA, 2 Willowfield Crescent, Springfield Park,
Durban; 10km & 5km: 7am
www.kzntrailrunning.co.za

6-8 16-18

St Luke's Superhero Trail Run

University of Cape Town, Rondebosch, Cape Town;
16-18km & 6-8km: 7:30am
Wildrunner 021 821 9898 / 072 438 3242
www.wildrunner.co.za

ADVENTURE RACING

SATURDAY 29 – SUNDAY 30 AUGUST

Kinetic Full Moon Adventure

Distances: 120km
Disciplines: MTB, trail running and kayaking
Bayshore Marina, Vaaldam
Stephan Muller 083 226 3265
Website: www.kineticgear.co.za

MULTISPORT

SATURDAY 22 AUGUST

Action Man Duathlon with a Twist (Medal Edition) Babba's Lodge, Bultfontein

Action Man: 5km trail run, air rifle shooting, 20km MTB,
shooting air hand pistol, 2.5km trail run with obstacles
Action Kids (7-13 yrs): 300m run, 2.5km MTB, 300m run,
kids air-rifle shooting, obstacles
Action Brats (6 and under): 50m run, 300, MTB, 50m
run, brats air rifle shooting, obstacles
Website: www.francosport.co.za

WALKING

WESTERN PROVINCE

SATURDAY 1 AUGUST

WPA Race Walking Grand Prix 3

Youngsfield Military Base, Army Base, Wetton Road,
Youngsfield, Cape Town; 30km: 7am; 20km: 8am; 10km:
9am; 5km, 3km & 1km Development: 10am
Pieter Vorster 084 922 9002

SATURDAY 29 AUGUST

Tygerberg Full Moon Fun Run & Hike

Welgemoed entrance of the Tygerberg Nature Reserve,
Totius Road, Cape Town; 5km: 6pm
Wildrunner Office 021 821 9898
www.wildrunner.co.za



Ask The Coach Tips and tactics for acing race day

PERFORMANCE BOOST

I improved my half-marathon time by following a structured training programme last summer. I usually rest during winter. How can I continue improving? – MEGAN, Pringle Bay

You don't have to train hard all the time, but taking long breaks from running altogether is holding you back. When you return to running after these breaks, you've had so much time off that in order to build enough of a foundation to prevent injury, you need to start running again from scratch. This means that each year, improvement is marginal.

The best thing you can do is train consistently throughout the year. Your recovery after events need only be a few weeks at most. And by ticking over at 50- to 70% of your full training mileage through winter, you'll maintain a fresh base from which to launch an even better programme next summer.

In general, it will lead to improved training consistency, because even if you miss time due to illness or injury, year-on-year you'll be building a stronger system, better equipped to handle increased training loads so you can strive for performance improvements.

Following this approach will also mean you get more than one opportunity to train for a target race – one earlier in your season, and another towards the end.

Lindsey Parry is a qualified biokineticist, Two Oceans and Comrades silver medallist and 2:47 marathoner. Email him at lindsey@hpc.co.za.

Back of the Pack

BY BRUCE PINNOCK

THE MEANING OF LIFE

We're all running towards something or away from it – or we're just running.

Every time I go out for a run, I tread on a thin pavement between meeting somebody wonderful, or that guy who flew over the cuckoo's nest. Last run, the latter passed me – they all pass me, nothing strange about that. Only, this particular fruitcake decided to slow down and run beside me.

He surveyed me with crazy blue eyes. It was difficult to tell if he was looking directly at me, or a little to my left. He was small – couldn't have been taller than a leprechaun. Another striking feature was his beard. Greying, thick and heavy, it was an ideal starter home for a family of small birds. And boy did he know it, because he stroked it in a philosophical sort of way.

Without further ado, in a heavy foreign accent, he said, "I haf found zat zere are two kinds of runners: zose who are runnink away from some tink, and zose who are runnink towards some tink. Vitch vun are you?"

He had put me on the spot. I realised I was dealing with one of those Zen-type chaps – the kind of crackpot who spends way too much time listening to the voices in his head, pondering headache-inducing questions like 'If a tree falls in the forest and there's no-one around to hear it, does it still make a sound?'.

(The running equivalent would be 'If there's nobody actually running up Polly Shortts, can it still be considered two kilometres of unimaginable torture?')

I had to think. Because if I identified myself as an 'away from' runner (however slowly I moved), that wouldn't look good. Running away from what? It sounded vaguely criminal, somewhat cowardly. Not who I wanted to be.

On the other hand, I was crystal clear about what I was running

towards: beer. Ice-cold amber, with a foaming head, and beads of condensation on the sides of the glass. This vision has sustained my running for several years, but admitting it would make me seem... what's the word? Superficial.

So I replied, "Oh, neither, really. Just... running." Which sounded pretty lame. So I added hastily, "And, of course, thinking. Deeep thoughts. As one does..."

Once more, he pinned me with those intense blue eyes. It was as though he was about to tell me the apocalypse was nigh. "Vat ver you thinkink of?" he asked.

Feeling the pressure now, I panicked. And so began my tirade of verbal diarrhoea. Does my Adam's Apple bob up and down when I run, like when I'm swallowing an ice-cold... not a beer, something more profound... water? Hang on, where did that come from? Never in my life

"I was dealing with the kind of crackpot who spends way too much time listening to the voices in his head."

have I wasted time speculating over the whereabouts of obscure body parts when I'm running – excluding the ones in my pants, of course... On and on and on.



Until eventually he nodded his head in approval. "Ah!" he explained. "Although zat is not really thinkink, you are in ze moment. Zat is goot."

To be honest, I do my best to avoid being in 'ze moment' when I'm running, simply because 'ze moment' is mostly about my aching legs and my bursting lungs.

But before I could blab this out, he continued... "I haf found zat zose who are runnink away are negative thinkers, caught up in vot cannot be changed. Those who are runnink towards some tink are positive thinkers; but zey are caught up in vot needs to be changed. Neither iss happy. But here I haf you, content to liff in ze present. You are findink your identity, your very being, in ze act of runnink. While some peeple are because zey think, you are because you run. I salute you." With that, he ran on.

There's no denying I felt a little chuffed, even if the mysterious stranger I'd encountered was one sandwich short of a picnic basket. I mean, he'd just told me I was a runner who'd found the meaning of life through the act of running! How cool was that?

But while that's all very well, what about the real world – and more importantly, that ice-cold beer? Quickly, I re-focused on what's really important in life. 

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